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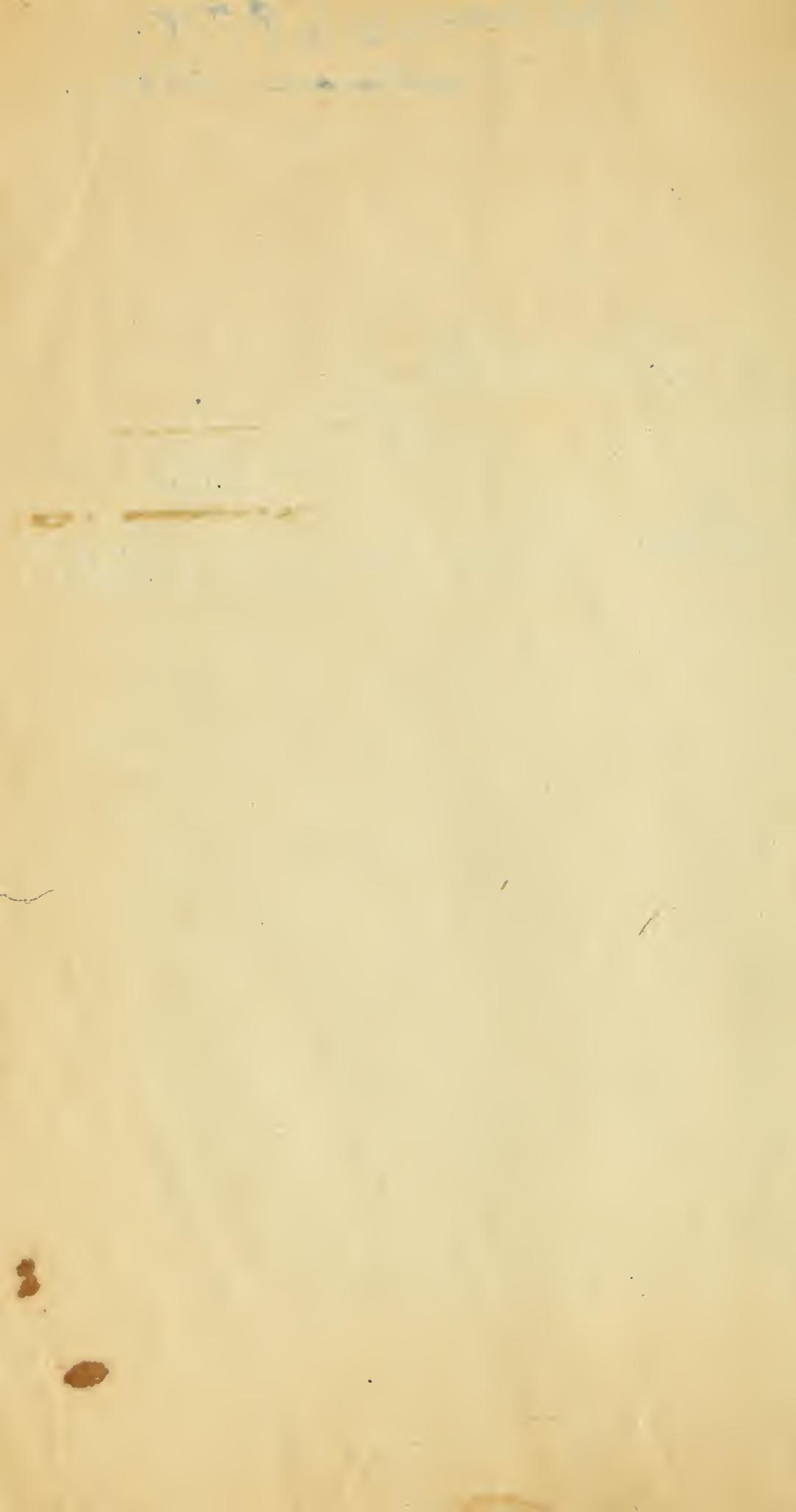




Mrs. Hazel 97 W.  
Watsonville.

Lucille  
From  
Elo

For Christmas 1927



# The Relief Society Cook Book

—0—

This Cook Book is affectionately dedicated to The Relief Society Stake Board Of Fremont Stake, who so kindly assisted us in securing these practical and tried recipes.



Compiled and Published under the direction of the Relief Society  
of the Fourth Ward of Rexburg.

REXBURG, IDAHO

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## ABBREVIATIONS

tsp and t - - teaspoon	pt. — pint
'Tbsp. and T. — Tablespoon	qt. — quart
c. — cup	lb. — pound
B. P. — Baking Powder	oz. — ounce
1-3 means one-third	2-3 means two-thirds
5-6 means five-sixths	7-12 means seven twelfths.

## TABLE OF WEIGHTS AND MEASURES

1 t — 60 drops	3 t — 1 T.
2 c — 1 pt.	1 pt. liquid equals 1 lb.
4 c flour equals 1 lb.	2 c granulated sugar — 1 lb.
2 2-3 c powdered sugar or brown sugar — 1 lb.	
Butter size 1 egg — 4 T.	9 large eggs — 1 lb.
1 sq. chocolate — 1 oz.	Few grains is less than $\frac{1}{8}$ t.

# B E V E R A G E S

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## COCOA

For 1 qt. cocoa use—

4 level teaspoons cocoa  
8 level teaspoons sugar  
½ cup hot water

Boil until well blended and combine with 1 pt. scalded milk and 1 small can condensed milk.

## LEMONADE

1 doz. Lemons, 3 Oranges.

Wash well and grate yellow part lightly, cover this with juice of the fruit and let stand ½ hour. Strain. Wash rinds with cold water and add. Make syrup of 2 lbs. Sugar and 1 qt. water.

## FRUIT PUNCH FOR 100

5 doz. Lemons	½ doz. Oranges
2 cans grated Pineapple	1 qt. Grape juice
7½ lbs. Sugar	1 oz. citric acid, dissolve in boiling water and added to taste.

Make syrup of sugar and 1½ qts. water. Add enough water to make 8 gallons.—Mrs. O. A. Peterson.

## MINT CUP

Juice of 5 Lemons	½ cup sugar
Mint 1 small bunch	½ cup water.

Cover and let stand ½ hour. Just before serving add 3 bottles gingerale.

# BREADS

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## WAFFLES

3 c. flour (Swans Down)	3 tsp. B. P.
1 c. milk	4 Tbsp. melted butter.
3 eggs	½ tsp. salt.

Beat egg yolks, add milk, butter, salt, B. P. and flour. Whip egg whites until stiff and fold in batter.

## GRAHAM GEMS

1½ c. sweet milk	1 c. graham flour
2 Tbsp. lard or cream	1 c. white flour
Pinch of salt	2 tsp. B. P.
2 Tbsp. of sugar if desired.	

Add one beaten egg and bake in gem tins, oven tempt. (350° F.)

—Mrs. Daniel Ricks.

## OAT MEAL MUFFINS

1½ cups rolled oats	1½ c. flour
1½ c. milk	2 eggs
4 tsp. B. P.	1 tsp. salt
2 tsp. fat	2 tsp. sugar

Soak oats and milk ½ hour. Add beaten eggs, fat, and dry ingredients. Bake in greased tins 25 or 30 minutes. Oven (350 F.)

—Mrs. Daniel Ricks.

## PLAIN MUFFINS

1 Tbsp sugar	1 tsp. salt
1 egg	2 tsp B. P.
2 Tbsp. fat	2 c. flour
1 c. milk.	

Sift all dry ingredients together, mix liquids. Secret in making muffins is to keep them tender, so mix together with as few strokes as possible to blend. Avoid beating. Bake in hot oven.

—Mrs. Effie Merrill.

## SWEDISH TEA RING

Take light bread dough and roll to ½ inch thick. Make sufficient mixture of melted butter, sugar, and cinnamon, to spread over dough. Cover thick with seedless raisins. Roll into roll and make into ring. (Fold ends of ring together to complete circle.) Cut with scissors nearly thru starting from outside, about one inch apart. Lay each piece back and partially flat on pan, keeping the uncut part in ring form. Bake. When roll is baked pour over it syrup made of sugar and water boiled.—Mrs. Elizabeth Waldram.

**PEANUT BUTTER BREAD**

2 c. flour	1 1/4 c. milk
2 tsp. B. P.	1-3 cup sugar
1/2 tsp. salt	6 1/4 oz. or small glass peanut
3 1/2 Tbsp. shortening	butter

Rub shortening with B. P. and flour, add 2 beaten eggs, and milk, mix together and bake in well greased loaf tin 1 hr. 15 min.

**PARKER HOUSE ROLLS**

1 pt. scalded milk (cooled)	
4 c. flour	
1/2 c. yeast	
Twice as much flour as liquid.	

If cold stand in a warm place. Mix together and let rise twice its volume. Then add:

3 or 4 Tbsp. sugar	
3/4 T. salt	
1 egg	
2 Tbsp. butter	

Stir together and add enough more flour to make dough. Let rise second time until twice its volume. Mold and let rise. Bake in moderate oven. Serve hot.

—Mrs. George S. Romney

**BOSTON BROWN BREAD**

1 c. white flour	1 c. corn meal
1 c. whole wheat flour	1 tsp. salt
1 1/2 tsp. soda	1/2 c. molasses
1 c. raisins	2 c. sour or buttermilk

Mix well and steam in cans

**BROWN NUT BREAD**

1/2 c. brown sugar	2 c. graham flour
1/2 c. molasses	1 c. nuts
1 c. sour milk	1 tsp. soda
1 c. white flour	1/2 tsp. salt

Bake in medium sized cans 40 minutes. Let cool and use for sandwiches.

—Mrs. Arthur Harris.

**NUT BREAD**

1 c. milk	1/4 c. sugar
1 egg	2 tsp. B. P.
3/4 c. nuts	2 1/2 c. flour

Mix and bake in moderate oven 40 minutes. Make one loaf about 2 in. thick.

—Mrs. Clyde Cottle.

**ORANGE BREAD**

Beat 1 large or 2 small eggs, add 1 c. sweet milk, 1 tsp. vanilla. Sift together 2 c. flour  $\frac{1}{2}$  c. sugar, 2 tsp. B. P. and  $\frac{1}{4}$  tsp salt. Rub in 2 Tbsp butter, mix well and add 1 c. candied orange peel cut fine. Bake one half hour in slow oven. To prepare orange peel, take peel off 3 oranges, scrape off the white from inside of rind, cut, grind in fine pieces, place in cold water and bring to a boil. Drain and boil in fresh water until tender. Drain and boil in syrup made of  $\frac{1}{2}$  c. sugar and  $\frac{1}{2}$  c. water until all the syrup is absorbed.

—Mrs. J. E. Graham.

**WHOLE WHEAT NUT BREAD**

3 c. whole wheat flour	4 tsp Royal Baking Powder
1 c. white flour	2 c. milk
1 c. sugar	1 egg
$1\frac{1}{2}$ tsp. salt	1 c. chopped nuts

Mix dry ingredients together well, then add well beaten egg, and the milk. Then add nuts. Put into two greased baking tins and let rise 30 minutes. Bake in slow oven 30 to 45 minutes.

—Mrs. C. L. Miller.

**WHITE FLOUR NUT BREAD**

2 c. flour	$1\frac{1}{2}$ tsp. Royal B. P.
$\frac{1}{2}$ tsp. salt	1 c. nuts
1 well beaten egg	1 c. milk

Fix all together let rise 30 minutes. Bake 40 minutes, in slow oven.

—Mrs. C. L. Miller.

**MILK BREAD**

1 qt. milk	2 yeast cakes or 1 c. yeast
1-3 c. sugar	1-3 c. shortening
1 tbsp. salt	

Cool milk add yeast and sugar, add enough flour to make batter. Let rise, add salt and shortening and mix in enough flour to make medium stiff dough.

To make Parker house rolls take out 3 c. batter, add 2 eggs and shortening and you have very nice rolls.

**BOSTON BROWN BREAD**

2 c. graham flour	2 tbsp. sugar
2 c. corn meal	$1\frac{1}{4}$ tsp. soda
1 c. molasses	1 tsp. salt
3 c. sweet milk	

Nuts or raisins may be added. Mix and steam in cans. Fill only half full. Steam 3 hours. Take from cans and set in oven until dry.

**SOFT GINGER BREAD**

$\frac{1}{4}$ c. butter	1 tsp. soda
$\frac{1}{2}$ c. sugar	1 tsp. cinnamon
1 egg	2 tsp. ginger
$\frac{1}{2}$ c. sour milk	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ c. molasses	$1\frac{3}{4}$ c. flour

Cream butter, add sugar gradually, beat egg slightly and salt. Sift dry ingredients and add small amount of flour to creamed mixture. Blend well, then alternate liquids with dry ingredients. Stir vigorously and when smooth pour into oiled pan suitable for gingerbread and bake 30 minutes.

—Mrs. F. L. Erdman.

**RAISIN BREAD**

1 c. milk	1 yeast cake
$\frac{1}{4}$ c. warm water	1 c. seedless raisins
2 Tbsp. shortening	1 c. whole wheat flour
3 Tbsp. sugar	About $2\frac{1}{2}$ c. white flour
$\frac{3}{4}$ tsp. salt	$\frac{1}{2}$ tsp. cinnamon

**OATMEAL BREAD**

1 c. milk	1 c. rolled oats
2 Tbsp. sugar	$\frac{3}{4}$ tsp. salt
1 Tbsp. shortening	1 yeast cake
$\frac{1}{2}$ c. luke-warm water	About $2\frac{1}{2}$ c. flour

Scald milk and pour over eats. Add sugar salt and shortening. When luke warm add yeast cake, previously soaked. Add enough flour to knead. Let rise. Knead shape and bake. Dates may be added.

—Mrs. Kenneth Webster.

**BAKING POWDER BISCUITS WITH RAISINS**

1 c. chopped raisins	2 tsp. Royal B. P.
2 c. flour	2 Tbsp. shortening
$\frac{1}{2}$ tsp. salt	2-3 c. milk
Bake in hot oven 20-25 minutes.	—Mrs. Kenneth Webster.

**EVERLASTING BISCUITS**

1 cake yeast	$\frac{1}{2}$ c. sugar
1 c. shortening (melted)	1 Tbsp. salt
1 tsp. soda	2 tsp. B. P.
1 qt. milk, scalded and cooled.	

Make sponge of fleischman's yeast, 1 c. water,  $1\frac{1}{2}$  c. flour. When foamy add all ingredients and make into dough. Put into cool place 3 hours to rise then mold out, as required. Let biscuits stand 3 hours before baking. Good for days, making them up as required.

—Mrs. Nathan Levine.

# CHEESE DISHES

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## CHEESE DECIETS

Work one small cream cheese until smooth and creamy. Add 1 Tbsp. cream if dry, season with  $\frac{1}{2}$  tsp. paprika and a pinch of salt. Add 4 chopped olives, one tsp. onion juice or onion salt. Shape in balls size of walnut, roll in fine cracker crumbs. Place a half walnut on each.

## CHEESE SOUFFLE

1 heaping Tbsp. flour creamed with butter size of an egg  
1 c. milk  
1 c. of chopped cheese, heat slowly until melted.

Add beaten yolks of three eggs, season with salt and paprica, fold in beaten whites of eggs, bake in slow oven for 35 minutes.

—Elsie K. Jensen.

## CHEESE LOAF

2 c. cracker crumbs	1 c. cold milk
3 eggs, beaten	1 c. grated cheese
1 tsp. piminto	$\frac{1}{8}$ tsp. pepper.

Soak cracker crumbs in milk, 2 Tbsp. melted butter, separate eggs, beat whites still and fold in last. Bake until set.

—Mrs. Daniel Ricks

## BREAD AND CHEESE

3 slices of bread buttered and turned upside down in baking dish. Grate 1-3 lb. cheese and put over bread

Make a custard of 4 eggs, well beaten, 3 c. milk and salt and pepper to taste. Pour over bread and let stand for 1 hour. Bake in moderate oven until well set, about 20 min. Stale bread and strong cheese will give better results.

—Mrs. L. Y. Rigby.

## CHEESE RAREBIT

1 pt. white sauce made of 2 c. milk,  $2\frac{1}{2}$  Tbsp. flour, a piece of butter and salt and pepper to taste. Cook 5 min. add grated cheese to suit taste. When cheese has melted add 1 c. tomato juice, containing a pinch of soda. Let heat and remove from stove. Serve on buttered toast.

—Mrs. E. Holman

## WELCH RAREBIT

1 Tbsp. butter	$\frac{3}{4}$ lb. American cheese
2 onions	1 egg
$\frac{1}{2}$ green pepper	toast
1 can tomatoes	

Put butter in pan, add onions, cut fine, pepper and tomatoes. Cook until tender. Add grated cheese and well beaten egg.

—Mrs. Earl J. Soelberg

**WELCH RAREBIT**

1 Tbsp. butter, one tsp. cornstarch,  $\frac{1}{2}$  c. milk,  $\frac{1}{2}$  lb. American cheese, rub through grater;  $\frac{1}{2}$  tsp. each, salt, mustard and paprika and a few grains cayenne pepper. Melt butter, add cornstarch and milk gradually. Cook, stirring until thick and smooth. Add cheese and stir until it is melted. Season and serve at once on crackers or slices of bread.

—Mrs. Wm. J. Hansen

**MEXICAN RAREBIT**

$\frac{1}{4}$ lb. Kraft American cheese, rub through grater	
2 c. stewed tomatoes	1 Tbsp. finely chopped onion
2 Tbsp. chopped green pepper	2 eggs
1 c. milk	2 Tbsp. butter
2 Tbsp. flour	$\frac{1}{2}$ tsp. salt
Toasted crackers or toasted bread	

Melt butter and add chopped peppers and onions. Cook 5 minutes at low temperature. Add flour, mix thoroughly then add milk. Cook 1 min. then add cheese, stirring thoroughly until melted. Add tomato to cheese sauce, also beaten yolks of eggs and seasoning. Fold in stiffly beaten whites of egg and bake 30 min. in moderate oven. Serve on cracker or toast.—Mrs. Wm. J. Hanson.

**CHEESE CUSTARD**

4 slices of toasted bread	$\frac{1}{2}$ c. grated cheese
2 c. scalded milk	3 eggs
1 tsp. salt	$\frac{1}{8}$ Tbsp. chopped green pepper or few asparagus tips

Put buttered toast in buttered baking dish. Sprinkle with cheese. Beat eggs slightly, add salt, pepper and scalded milk and pour over bread. Set in pan of water and bake until custard sets.

—Mrs. H. B. Rigby.

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# COCKTAILS

## COCKTAIL COMBINATIONS

Grapes, skinned and seeded with lemon juice, sugar and water.  
 Grapes and pineapple.  
 Grapes, pineapple and orange.  
 Grapes, pineapple and peaches.  
 Grapes and bananas.  
 Grapefruit, cherries, cherry wine, pineapple and orange.  
 Pineapple, peaches and pears.  
 Pineapple, orange and after dinner mints.  
 Orange, grapefruit and watermellon.  
 Many other combinations are good.

Syrup—1 c. sugar, 1-3 c. water, where juice is not enough.  
 Boil until it strings and add lemon juice.  
 Chill thoroughly.  
 Cocktails should never have membrane, seeds or skins.

## GREENRIVER COCKTAIL

3 grapefruit,  
 1½ quarts water  
 1 pt. Greenriver

1 can crushed pineapple  
 1 cup sugar

Cook water and Sugar until it forms a syrup. Let cool and add fruits.  
 —Mrs. A. E. Taylor.

## CRANBERRY FRUIT COCKTAIL

1 lb. cranberries, 3 cups water, 2 cups sugar. Cook 10 minutes, strain then add 3 grapefruit, 3 oranges, 1 banana, 1 small can grated pineapple and juice of 2 lemons. Chill after mixing thoroughly. Serve 12 people.

## WATERMELON COCKTAIL

Scoop balls out of melon, using French Potato cutter, pour over sauce and chill.

SAUCE—Cook 2 cups sugar, 1 cup watermelon juice until it forms a syrup, when cold add 1 bottle ginger ale and ½ tsp. salt.

## SHRIMP COCKTAIL

6 Shrimps served with Chili Sauce.

## LOBSTER COCKTAIL

1 large can Lobster  
 1 large can grapefruit, or one large grapefruit.  
 1 cup catsup  
 1 cup strained tomatoes  
 1 teaspoon tobasco sauce  
 1 teaspoon Worcestershire sauce

Serves 15.

—Mrs. Anna Whitehead.





# COOKIES AND DOUGHNUTS

## OAT MEAL NUT COOKIES

1 c. flour	$\frac{1}{2}$ c. butter or substitute
1 c. sugar	1 c. milk
$\frac{1}{2}$ tsp. salt	2 c. rolled oats
1 tsp. cinnamon	1 c. raisins
$\frac{1}{2}$ tsp. cloves	1 c. nuts
$\frac{1}{2}$ tsp. soda	2 eggs

Cream butter and sugar add eggs and milk. Dissolve soda in Tbsp. hot water mix dry ingredients and add. Drop two inches apart on greased baking tin.

## GINGER COOKIES

1 c. molasses	2 tsp. soda
1 c. hot watter	2 tsp. ginger
1 c. sugar	2 tsp. cinnamon
$\frac{3}{4}$ c. shortening	

Dissolve soda in the hot water. Enough flour to make a soft dough. Let stand and cool before rolling out.—Mrs. Peter Ricks.

## GINGER SNAPS

1 c. sugar	1 Tbsp. ginger
1 c. shortening	1 tsp. soda
1 c. molasses	1 tsp. cinnamon
2 eggs	1 Tbsp. vinegar
Pinch of salt	

Dissolve soda in hot water, add molasses. Cream sugar and shortening add eggs, vinegar, salt and spices with enough flour to make a soft dough. Roll thin and bake. Cover with seven minute frosting.

## ENGLISH TEA CAKES

$\frac{1}{2}$ c. milk	3 tsp. Royal B. P.
$\frac{1}{2}$ c. shortening	$\frac{1}{2}$ tsp. nutmeg
1 c. sugar	2 eggs
$\frac{1}{2}$ c. raisins or currants	Pinch of salt
3 c. flour	

Cream shortening and sugar, add milk and eggs. Add B. P. nutmeg, salt to flour. Mix all together and add raisins. This should be about as stiff as soft biscuit dough. Bake in quick oven. While hot, split and lay bits of butter and  $\frac{1}{4}$  c. sugar between cake. Serve while hot.

### RICH ROCK COOKIES

1 c. sugar	$\frac{3}{4}$ lb. walnuts
$\frac{1}{2}$ c. butter	$\frac{3}{4}$ lb. raisins
2 c. flour	2 tsp. cinnamon
$\frac{1}{4}$ c. sour cream	1 tsp. cloves
2 eggs	1 tsp. soda.

Dissolve soda in a little hot water and add to cream. Drop by tsp. about two inches apart in buttered tins. Bake in slow oven.

### HONEY COOKIES

2 c. honey	1 level tsp. ginger
1 c. boiling water	1 c. lard
2 level tsp. soda	Pinch of salt

Enough flour to mix quite stiff. Mix in their order and drop from a spoon. Bake in a slow oven. Ice with plain white icing.

—Mrs. Lee Browning.

### HONEY COOKIES

$\frac{1}{2}$ c. crisco	grated rind of lemon
2-3 c. sugar	1 tsp. salt
$\frac{1}{2}$ c. honey	4 tsp. B. P.
2 eggs	$\frac{1}{2}$ c. chopped walnuts
4 c. flour	

Cream Crisco and sugar, add honey, lemon rind and one whole egg and yolk of second (reserving white for glazing), salt, B. P. and flour. Roll thin and brush over top with white of egg beaten, in which there is a little sugar. Sprinkle nuts over the top.

—Mrs. Clyde Packer.

### BRAN COOKIES

1 c. sugar	$\frac{3}{4}$ tsp. soda or 2 tsp. B. P.
$\frac{3}{4}$ c. shortening	2 eggs
1 c. milk or buttermilk	$\frac{1}{4}$ tsp. salt
1 $\frac{1}{2}$ c. flour	2 $\frac{1}{2}$ c. Kellog's bran
$\frac{1}{2}$ c. nuts	1 c. raisins

Mix as you would cake and bake in muffin tins. Makes about 18 cakes. (A good laxative.

### BUTTERSCOTCH COOKIES

4 c. brown sugar	1 tsp. soda
1 c. shortening	1 tsp. cream tartar
4 eggs separately beaten	1 tsp. vanilla
6 to 8 c. flour	

Mix at night and roll in desired shaped roll. Put in ice box. Slice and bake at any convenient time. Cocoanut, nuts or dates may be added.

—Mrs. E. A. Taylor.

**LAZY COOKIES**

1 egg, 1 c. sugar creamed together, 1 scant tsp. flavoring, 1 c. sour cream, 1 tsp. soda dissolved in tsp. water. Flour enough to make dough soft enough to drop from tsp.

**NUT WAFER COOKIES**

1 c. brown sugar	5 c. flour sifted twice
1 c. white sugar	1 tsp. soda
1 c. melted shortening	1 tsp. cinnamon
1/2 c. whole milk	1 c. chopped nuts
1/2 tsp. salt	3 eggs

Cream shortening and sugar, add eggs, mix well, add nuts. All dry ingredients, sifted twice. Shape in roll about two inches in diameter. Put in ice box or where it is cool over night. When ready to bake slice off and bake in hot oven. Will make about 7 doz. cookies.

—Mrs. I. N. Corey

**FILLED COOKIES**

1 c. sugar	2 tsp. cream tartar
1/2 c. butter	1 tsp. soda
1/2 c. milk	1 tsp. vanilla
3 c. flour	1 egg

Let dough stand in ice box until chilled.

**Filling**

1 c. raisins (ground), 1 c. sugar, 1/2 c. walnuts, 2 tbsp. flour, 1 c. water. Cook to a paste. Place between two cookies and pinch edges.

—Mrs. Frank Kelly

**SOUR MILK DOUGHNUTS**

1 egg	2 1/2 tbsp. lard
1/2 c. sugar	1/4 tsp. salt
1 cup sour milk	1/4 tsp. nutmeg
1 tsp soda (level)	

Enough flour to make a soft dough. Make 2 1/2 doz.

—Mrs. S. H. Abbott

**DOUGHNUTS**

2 Tbsp. fat	3 eggs
4 c. flour	1 tsp. cinnamon
1 c. sugar	1 tsp. nutmeg
5 tsp. B. P.	1 c. milk
1 tsp. salt	

Cream the fat, add sugar to creamed fat, add well beaten eggs. Sift flour, spices and salt and add milk and flour alternately. Roll out 1-3 inch thick, cut, and fry in deep fat.

—Mrs. L. Y. Rigby.

**RAISED DOUGHNUTS**

1 pt. milk

1/4 c. shortening

1 c. sugar

1 1/2 yeast cake (Fleischmann's)

2 eggs

1/4 tsp. nutmeg

1 tsp vanilla

Enough flour to make a batter. Let rise until light and add enough more flour to make soft dough. Let rise again and roll  $\frac{1}{4}$  inch thick. Cut with large cutter and when raised cook in hot fat.

—Mrs. Ruth Rich

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## Providence Muffins

$\frac{1}{2}$  cup graham flour  
 $\frac{1}{2}$  cup bran  
 $\frac{1}{2}$  teaspoon salt  
2 teaspoons sugar  
2 teaspoons Royal Baking Powder

1 teaspoon butter  
1 tablespoon peanut butter  
1 egg  
 $\frac{1}{2}$  cup milk

Mix together flour, bran, salt, sugar, baking powder; melt butter and peanut butter together; add to dry mixture; add egg well beaten but not separated; add milk, and beat well.

Bake in hot greased muffin tins in moderate oven at 375°F. for twelve minutes.

Makes six good-sized muffins.

## Mahogany Cake

$\frac{1}{2}$  cup milk                       $\frac{1}{2}$  cup cocoa  
Cook until thick and smooth and set aside to cool.

$\frac{1}{2}$  cup butter  
 $1\frac{1}{2}$  cups sugar  
3 eggs  
2 cups pastry flour

$\frac{3}{4}$  teaspoon soda  
2 teaspoons Royal Baking Powder  
 $\frac{2}{3}$  cup sweet milk  
1 teaspoon vanilla extract

Cream butter and sugar together well. Add beaten egg yolks. Sift together flour, soda and baking powder and add alternately with the milk to the first mixture. Add the chocolate mixture and vanilla and mix well. Fold in stiffly beaten whites of eggs. Bake in two well-greased nine inch layer cake tins, in a moderate oven at 350°F. for about 30 minutes.

Spread the following frosting between layers and on top and sides of cake.

## Fudge Frosting

2 cups sugar                       $\frac{1}{2}$  cup milk  
3 sq. (3 oz.) unsweetened chocolate                      2 tablespoons butter  
2 tablespoons corn syrup                      1 teaspoon vanilla extract  
                                     $\frac{1}{2}$  teaspoon Royal Baking Powder

Cook sugar, chocolate, corn syrup, and milk, stirring until sugar is dissolved. Then stir occasionally to prevent burning. Cook to 232°F. or until syrup forms a very soft ball when tested in cold water. Remove from fire, and add Royal Baking Powder and butter. Cool to lukewarm. Add vanilla and beat until creamy and right consistency to spread.

(Use level measurements for all materials.)

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# CAKE

## HINTS ON MIXING CAKE

Creaming the shortening means mashing and beating it with a spoon until it has the texture of very thick cream. Then add the sugar, and continue creaming the mixture until it is light and fluffy.

Add a small amount of sifted flour and baking powder to the creamed mixture, before the milk, so as to prevent separation. If this separation occurs, the cake will be coarser grained than otherwise.

Beat the mixture after each addition of flour and milk to insure a fine grained cake.

Do not beat the egg whites until ready to use them or the air that has been beaten into them will be lost. Eggs may be beaten most successfully if they are cold. Beat the whites until they are stiff enough to hold up in peaks, but not dry. If egg whites are beaten until dry, the cake will not be as light, fluffy, and moist as it should be. Fold beaten egg whites into the cake mixture.

When egg yolks are used in a butter cake, beat them until thick and lemon colored, add them to the thoroughly creamed shortening and sugar, and beat the mixture well.

## EMILY'S SPICE CAKE

½ c. Crisco	3 or 4 eggs
1½ c sugar	1 tsp. soda
1 c. sour cream	½ tsp. each of cinnamon, cloves
1 c. raisins or nuts	and nutmeg
2½ c. flour	¼ tsp. salt

Bake in big pan in hot oven. (Very Good.) —Emily Taylor.

## DEVIL FOOD CAKE

½ c. milk
2 sq. chocolate, (put in double boiler and cook until thickened).
Cream 1 c. sugar and 2 tbsp. butter together
Add 1 unbeaten egg and beat well
1½ c. flour
¼ tsp. baking powder
Pinch of salt
½ tsp. soda

Sift the flour, soda, baking powder and salt together and add alternately with ½ c. milk, 1 tsp. vanilla. Add the chocolate mixture and bake in two layers until edges leave the pan.

—Mrs. Effie E. Merrill

**COCOA ROLL**

Beat whites of six eggs stiff, add two rounding tbsp. of cocoa and beat again, add one cup of sugar and beat some more. Beat yolks stiff, add this to other mixture. Pour in shallow pan that has been greased and floured. Bake in a thin sheet in medium hot oven 15 minutes and turn out on wet towel. When slightly cool spread with whipped cream and roll. Serve with hot chocolate sauce.

—Mrs. Wm. J. Hanson.

**BROWN STONE FRONT CAKE**

6 tbsp. cocoa	2 level tsp. soda
2½ c. flour	¼ tsp. salt
2 c. sugar	2 eggs
2 c. light cream (sweet or sour)	

Put all dry ingredients into bowl and mix well. Add the cream into which has been stirred two well beaten eggs. Bake in two loaf pans about 40 min.

—Mrs. D. W. Deemer.

**OLD BLACK JOE CAKE**

1 c. sugar	1 tsp. baking powder, 1 tsp soda
2½ c. flour	
1 c. boiling water	1 tsp. vanilla
½ c. buttermilk	2 eggs beaten
½ c. cocoa	2 tbsp. lard

Cream lard and sugar, add eggs, flour and milk alternately. Add hot water to cocoa and pour over mixture last.

**CHOCOLATE CAKE**

1 c. sugar	
½ c. butter	
2 eggs (1 at a time) unbeaten	
2 sq. chocolate. Melt and add ½ cup water	
2 tsp. baking powder	
1½ c. flour sifted twice, beat well	—Mrs. F. L. Erdman.

**GRAHAM CAKE**

1 qt. graham flour	1 tsp. cinnamon
1 c. white flour	1 tsp. nutmeg
1 tsp. soda	1 tsp. salt
3 tsp. cocoa	

Sift the flour, soda, coca, cinnamon, nutmeg and salt together and add

2 c. sugar	1 c. walnut meats
1 c. shortening	1 lb. raisins (cover raisins in
3 eggs	water and let boil for ½ hr.)

Bake with cover over pan for 1½ hours. —Mrs. Lewis Lee

**NUT MAHOGANY CAKE**

1½ c. sugar	1 tsp. soda
½ c. butter	½ c. chocolate melted
2 eggs beaten separately	2 c. flour
1 c. milk (sweet)	1 c. walnuts
1 tsp. vanilla	1 tsp. baking powder

Bake ¾ hour in moderate oven. —Mrs. A. E. Taylor.

**NEVER FAIL CHOCOLATE CAKE**

½ c. butter	4 eggs
1½ c. sugar	2 sq. chocolate
⅔ c. milk	3 tsp. baking powder
2 c. flour	1 tsp. vanilla

Cream butter and sugar, add yolks of eggs. Melt chocolate in five tablespoons boiling water and add to first part. Add milk, vanilla, flour and baking powder. Beat whites of eggs until stiff and fold in. Bake in two deep layers in moderate oven for 40 minutes. (350° F.)

—Mrs. Ruth Rich.

**GRAHAM CRACKER CAKE**

½ c. crisco	23 graham crackers
1 c. sugar	2 tsp. Baking Powder (Royal)
3 eggs	1 c. chopped nuts
1 c. milk	¼ tsp. salt

Cream crisco and sugar, add beaten yolks of eggs; add milk, crackers rolled fine, B. P., nuts and salt. Fold in stiffly beaten egg whites and bake in slow oven.

—Mrs. Ruth Rich.

**DATE STICKS**

3 eggs (well beaten)	1 c. broken nut meats (pecans or walnuts)
1 c. sugar	5 tbsp. water
1 c. flour (sifted)	3 tsp. baking powder
1 c. dates (chopped rather fine)	
1 tsp. vanilla	

Bake in thin sheets in a moderate oven. Cut in 1 inch strips and roll in pulverized sugar.

—Mrs. L. A. Lee.

**SPONGE CAKE**

(only egg yolks used)

6 egg yolks	2 tsp. baking powder
1 c. sugar	½ tsp. salt
1½ c. flour	1 tsp. lemon juice
½ c. boiling water	

Beat yolks of eggs until lemon colored, add sugar gradually. Beat well and add boiling water. Add flour, baking powder and salt a little at a time. Bake in slow oven 45 minutes.

**APPLE SAUCE CAKE (Requiring 1 egg)**

$\frac{1}{2}$ c. butter or substitute	$\frac{1}{4}$ tsp. salt	$1\frac{1}{2}$ T.
1 c. sugar	1 tsp. each of soda and cinnamon	
1 egg beaten light	$\frac{1}{2}$ tsp. cloves	
1 c. raisins	1 c. hot apple sauce	
1 c. currants or nuts	$1\frac{3}{4}$ c. Swans Down Cake Flour	

Cream the shortening, add the sugar gradually, then the egg and the fruit chopped fine and floured. Add the flour sifted with the soda, salt and spices, and next the apple sauce which should be strained and in the form of comparatively thick puree. Bake in a tube pan lined with greased paper, in a moderate oven (350° F.) for one hour.

—Elda H. Smith

**APPLE SAUCE CAKE (Eggless)**

1 c. sugar	2 tsp. soda
$\frac{1}{2}$ c. butter	2 c. flour
$1\frac{1}{2}$ c. strained sweetened apple sauce	
1 c. seedless raisins	1 c. walnuts
1 tbsp. hot water	$\frac{1}{4}$ c. cocoa if desired

Bake in a moderate oven.

—Mrs. May Grover

**SPONGE CAKE**

1 c. sifted flour	$\frac{1}{2}$ lemon, grated rind and juice
$\frac{1}{4}$ tsp. salt	5 egg whites
5 egg yolks	1 c. sifted sugar

Sift flour once, measure, add salt, and sift four times. Beat egg yolks until thick and lemon colored, add lemon juice and rind and beat very light. Beat egg whites with flat wire egg beater until stiff enough to hold up in peaks, but not dry. Fold in sugar, a small amount at a time, then egg yolks, and finally, flour mixture. Bake in ungreased tube pan in slow oven (325 F.) at least one hour. Let stand in inverted pan until cold.

**SUNSHINE CAKE**

1 c. sugar	5 eggs
$\frac{1}{2}$ c. boiling water	$\frac{1}{2}$ lemon (juice)
1 c. flour	1 tsp. vanilla
Pinch of salt	

Boil sugar and water until syrup threads, while boiling beat egg whites stiff. Beat yolks with lemon juice, vanilla and salt. Sift flour five times then measure 1 c. full. Pour syrup into egg whites and beat 15 minutes, cut yolks in lightly, cut flour in last, put in ungreased pan and bake in very slow oven 1 hour.

—Mrs. D. O. Wilcox

**SOUR CREAM CAKE**

3 eggs	$\frac{1}{2}$ tsp. soda
2 c. flour	1 $\frac{1}{2}$ tsp. baking powder
1 c. sugar	flavoring
1 c. sour cream	

Mix as ordinary cake adding soda to sour cream.

**ANGEL FOOD CAKE**

1 c. flour (Swans Down)	$\frac{3}{4}$ tsp. cream of tartar
1 c. egg whites	1 c. granulated sugar
$\frac{1}{4}$ tsp. salt	$\frac{3}{4}$ tsp. vanilla

Sift flour once, measure, and sift four times. Beat egg whites and salt on a large platter with wire beater. When foamy add cream of tartar and beat until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully, a small amount at a time. Fold in flavoring. Add flour, sifting in a small amount at a time until all is used. Bake in tube pan one hour. Begin baking with oven at (275°) and after 30 minutes increase heat to (325). Remove from oven and invert pan until cake is cold.

**FOOD FOR GODS**

12 tbsp. cracker crumbs (not too fine)	
2 tsp. baking powder	$\frac{1}{2}$ lb. dates
2 c. sugar	6 eggs beaten light
1 lb. walnuts (broken)	1 tbsp. flour

Mix cracker crumbs, sugar, nuts, dates, flour and baking powder. Add eggs last and bake in slow oven on greased paper in flat pan. Cut in squares and serve with whipped cream.

—Mrs. Ruth Rich

**CREAM PIE**

3 eggs	1 $\frac{1}{2}$ c. flour (Swans Down)
2-3 c. Sugar	2 tsp. baking powder
3 tbsp. cold water	1 tsp. vanilla

Beat eggs light, add sugar and cold water, add flour, baking powder and vanilla. Beat well. Bake in a quick oven about ten minutes in 2 pie or cake tins. Cool and cut out top. Fill with the following custard and cover the top with whipped cream.

**Custard Filling**

1 pt. milk	2 tbsp. corn starch
2 eggs	$\frac{3}{4}$ c. sugar
Vanilla	

Place milk in double boiler, heat to boiling point and add eggs, corn starch and vanilla.

—Mrs. L. F. Rich.

**POTATO CAKE**

1 c. mashed potatoes	4 eggs
2-3 c. butter	2 sq. grated chocolate
2 c. sugar	1 tsp. cinnamon
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ tsp. cloves and nutmeg (each)
2 c. flour	2 tsp. baking powder
1 c. nuts	

Cream butter, add sugar, add yolks of eggs well beaten, then flour, baking powder and spices. Add milk, hot potatoes mixed with chocolate and nuts. Fold in whites of eggs. Bake in layers or loaf.

**SWANS DOWN ANGEL SPONGE CAKE**

1 c. egg whites (7 or 8 eggs)	
$\frac{1}{2}$ tsp. salt	
1 tsp. cream tartar	
4 egg yolks	
$\frac{3}{8}$ c. Swans Down flour in white part	
$\frac{1}{2}$ c. Swans Down Flour in yellow part	

Sift the flour five times

Add salt to egg whites and whip until foamy on a large platter. Add cream of tartar and continue whipping until stiff. Fold in sugar and carefully divide mixture in two parts. To one part fold in  $\frac{3}{8}$  c. of flour, add  $\frac{1}{2}$  tsp. vanilla. To the other part fold in the beaten egg yolks and  $\frac{1}{2}$  c. flour and  $\frac{1}{2}$  tsp. orange extract. Put by spoonfuls in ungreased Angel food pan, alternating yellow and white as in marble cake. Bake 60 minutes in slow oven (325-350) Invert the pan and let stand 40 minutes before removing cake.

**White Fruit Cake**

4 c. sifted Swans Down cake Flour	1 tsp. Baking powder
$\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ lb. each, lemon peal, candied pineapple & red cherries, cut fine	
1 lb. blanched almonds, cut fine	1 $\frac{1}{2}$ c. sugar
1 c. butter or other shortening	1 tbsp. lemon juice
10 egg whites beaten stiff	

Sift flour once, measure, add baking powder, soda, salt, and sift together three times. Sift one cup of this flour mixture over fruits and nuts. Cream shortening until light and fluffy. Add sugar gradually and cream together thoroughly. Add remaining flour mixture to creamed mixture, a small amount at a time. Beat after each addition until smooth. Add lemon juice, fruits, and nuts. Fold in egg whites. Pour in tube pan. Bake in slow oven (250)  $2\frac{1}{2}$  hours then increase the heat to (300) for 15 minutes. Makes about four pounds.



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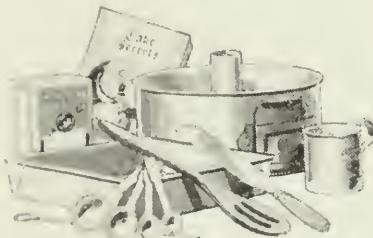
EVANSVILLE, INDIANA

## CHOCOLATE FUDGE CAKE (2 eggs)

2 cups sifted Swans Down Cake Flour	2 egg yolks, well beaten
3 teaspoons baking powder	3 squares Baker's Unsweetened Chocolate, melted
1½ teaspoon soda	1¼ cups milk
½ teaspoon salt	1 teaspoon vanilla
½ cup butter or other shortening	2 egg whites, stiffly beaten
1 cup sugar	

Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and chocolate, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (350° F.) 30 minutes. Put layers together and cover top and sides of cake with fudge frosting. Double recipe to make three 10-inch layers.

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**DELICIOUS FRUIT CAKE**

$\frac{3}{4}$ lb. butter	2 c. sugar
$\frac{3}{4}$ c. molasses or brown sugar	8 eggs
4 tsp. Baking Powder	2 tsp. each of cinnamon and mace
1 tsp. each of nutmeg, cloves, vanilla or lemon	
2 lb. raisins	2 lb. currants
1 lb. walnuts or pecans	1 lb. ground citron & lemon peel
$\frac{1}{2}$ glass jelly	1 c. coffee
1 c. sour milk or water	1 tsp. soda
1 c. candied cherries	6 c. flour.

Dust fruit with part of the flour. Pour hot coffee over citron and lemon peel and mix as ordinary cake. Bake in slow oven 2 hours. Makes three large loaves.

—Mrs. C. A. Cottle

**LIGHT FRUIT CAKE**

Blend $\frac{1}{2}$ lb. butter with 1 c. brown sugar and 1 c. white sugar.	
1 c. molasses	1 c. sour milk
4 c. flour sifted	$\frac{1}{2}$ c. walnuts chopped
2 well beaten eggs	2 level tsp. soda
1 tsp. each of cinnamon, nutmeg and allspice	
1 lb. raisins (cooked slowly until tender, very little water remaining, let cool before adding without chopping.)	

—Mrs. Cyral A. Watson.

**PORK CAKE**

(Fruit Cake Eggless)

1 lb. fresh fat pork ground, scald with $1\frac{1}{2}$ c. boiling water	
1 lb. raisins	
1 lb. currants	
$\frac{1}{4}$ lb. citron, $\frac{1}{4}$ lb. lemon peel	
1 c. sugar	
1 c. molasses	
1 tsp. each of cinnamon, cloves, allspice and nutmeg	
1 tsp. soda	
Flour to make medium stiff dough.	

—Mrs. May Grover

**JELLY ROLL**

$\frac{3}{4}$ c. sugar	3 eggs
4 tbsp. water	2 tsp. baking powder
1 c. flour	

—Mrs. I. N. Corey.

**ENGLISH FRUIT CAKE**

1 lb. butter	6 tbsp. sweet milk
1 lb. light brown sugar	3 lbs. currants
9 eggs	2 lbs. raisins
1 lb. flour	½ lb. nuts
2 tsp. mace	½ lb. ground citron
2 tsp. cinnamon	1 tsp. soda

Cream butter, add sugar gradually and beat thoroughly. Separate eggs and beat, add to first mixture. Then add milk and fruit, first mixed with a little flour. Flour mixed and sifted with mace, cinnamon and soda. Put in 1 big pan or 4 loaf pans, and bake 2 or 3 hours in a very slow oven, about (250 to 300)

—Mrs. A. E. Taylor

**PINEAPPLE UPSIDE DOWN CAKE**

In a heavy frying pan, slowly melt a piece of butter the size of an egg, stir into this a generous 1 c. brown sugar, and pat well to cover the bottom of the pan. Cut 4 slices of pineapple into small pieces and arrange over sugar. Sprinkle a few walnuts over this, set aside and mix the following:

3 eggs	1 c. sugar
1 c. pastry flour	6 tbsp. pineapple juice

Beat the eggs separately. To the whites add one half the sugar and beat again. To the yolks add the other half of the sugar and beat vigorously, then add the pineapple juice and beat again. Combine the two mixtures and fold in the flour. Pour this batter over the mixture in the pan and bake in a slow oven from forty-five minutes to one hour. If baked too fast the brown sugar gets hard. Serve with whipped cream. Will make eight generous servings.

—Mrs. Bessy Beal

**CHERRY CAKE**

½ c. shortening	1 ½ c. sugar
1 c. stoned and cut cherries, either black or white	
1 c. chopped nuts	3 c. flour
3 tbsp. sourcream	3 eggs
1 tsp. soda	1 tsp. cinnamon
½ tsp. each of nutmeg and cloves	1 ½ tsp. salt
Flavor with vanilla	

Cream the shortening and sugar, add the cream and eggs. Then the cherries. Next add the flour with which the spices, soda and salt has been sifted. Add the nuts last. —Lucy H. Ostler.

**GOLD LOAF CAKE**

Yolks of 8 eggs	1 1/4 c. sugar
2-3 c. water	2-3 c. butter
2 1/2 c. sifted pastry flour	3 level tsp. Royal B. P.
1 tsp. vanilla	

Sift the flour once, then measure, add the baking powder and sift three times. Sift the sugar, then measure. Cream the butter and sugar thoroughly. Beat the egg yolks with a dover egg beater until thick and lemon colored. Add these to the butter and sugar and stir thoroughly. Add the water and flour alternately then flavor and stir very hard. Put in a slow oven until raised to the top of the pan and then increase the heat and brown. Bake from 40 to 60 minutes in a loaf pan. A fine cake to bake when making angel food cake.

—Mrs. C. L. Miller.

**RASPBERRY SHORT CAKE**

2 c. sifted pastry flour	SAUCE
1/2 tsp. salt	1/2 c. butter
2 level tsp. baking powder	1 c. sugar
1/2 c. butter	1 c. raspberry pulp
Yolk of 1 egg	White of 1 egg
1/2 c. milk, or more as needed	
1 c. raspberries	
1/2 c. sugar	

Sift together, three times, the flour, salt and B. P. Work in the butter. Beat the egg yolk, add the milk and stir to a dough, using more milk if needed. Divide into 2 parts, knead the larger part slightly and roll to fit a pan. Spread the berries over it and sugar. Knead the second part and set over the berries. Bake about half an hour. Serve with hot sauce.

SAUCE—Cream the butter, add the sugar. Then gradually the marked sifted berry pulp. Add the whites of egg last, beaten dry. This makes a light fluffy sauce.

—Mrs. Lorenzo Jensen.

**BROWNIE**

1 c. sugar	1/2 c. flour
1/4 c. melted butter	1/2 c. chopped nuts
2 eggs	1 tsp. vanilla
2 squares melted chocolate	

Beat eggs, add sugar, melted chocolate, butter etc. Bake in square tin, buttered and floured, for twenty minutes.

—Mrs. Nathan Levine.

**CHOCOLATE NOUGAT CAKE**

$\frac{1}{2}$ c. shortening	2-3 c. raisins
1 c. sugar	$1\frac{1}{2}$ c. flour
2 eggs	2-3 c. walnuts
2 sq. chocolate	1 tsp. vanilla
1 c. buttermilk	1 tsp. soda
1 tsp. Royal B. P.	

Cream shortening, and sugar. Add well beaten egg yolks and melted chocolate. Alternate sifted dry ingredients and milk, raisins and nuts, chopped fine. Add vanilla and fold in stiffly beaten egg whites. Bake in loaf tin. —Mary P. Cannon.

**ICE BOX CAKE**

3 eggs	$1\frac{1}{2}$ dozen lady fingers
4 rounding tbsp. sugar	1 tsp. vanilla
4 tbsp. water	$\frac{1}{2}$ cake sweet chocolate

Boil sugar and water 5 minutes. Add the chocolate which has been melted over hot water. Add unbeaten egg yolks and beat 10 minutes. Add vanilla, a pinch of salt and fold in the stiffly beaten egg whites. Line a loaf pan with oil paper. Cover the bottom of the pan with split lady fingers, putting the flat side down. Pour  $\frac{1}{2}$  of the filling over these and then place another layer of lady fingers, then other half of the filling. Let stand in ice box at least 12 hours. Cut in two inch slices and serve with whipped cream. —Mrs. Frank Kelley.

**JELLY ROLL**

4 eggs	5 tbsp. sugar
9 tbsp. flour	1 tsp. baking powder
$\frac{1}{2}$ tsp. vanilla	

Bake in hot oven about ten minutes. Turn on damp cloth, cut off side edges, cover with jelly and roll in cloth for ten minutes. Remove cloth and roll in pulverized sugar.

—Mrs. James R. Wright.

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# ICING

## PEANUT BUTTER ICING

Mix two cups of powdered sugar with one tbsp. of butter, 1 tbsp. peanut butter and enough rich milk to make a smooth icing.

## CRACKED CAKE ICING

Icing for cake may be prevented from cracking when cut, by adding 1 tbsp. of sweet cream to each unbeaten egg. Stir together, then add sugar until as stiff as can be served.

—Mrs. F. L. Erdman.

## SEVEN MINUTE ICING

2 egg whites	$\frac{1}{4}$ tsp. cream of tartar
1½ c. sugar	1 tsp. vanilla
5 tbsp. cold water	

Put egg whites in top of double boiler, add sugar, water and cream of tartar. Beat with egg beater, until thoroughly mixed. Place in rapidly boiling water and beat until icing will stand up in peaks. Add vanilla and beat until it will spread. Chocolate, nuts, raisins and cocoanut may be added.

## ORANGE ICING

2 c. pulverized sugar  
Grated rind of one orange  
Enough orange juice to wet sugar so it will spread.

## MARSHMALLOW FILLING

2 c. sugar, 5 tbsp. boiling water, 1 egg white, 10 marshmallows  
Cook sugar and water until it threads. Pour over the beaten egg whites and add marshmallows.

## CARMEL ICING

1 c. white sugar	$\frac{1}{2}$ c. thin cream or milk
1 c. brown sugar	1½ tbsp. butter

Mix all except the butter together and boil it until it forms a soft ball in cold water. Take from the fire and add the butter. Let cool and beat.

## LEMON FILLING

1 c. sugar  
2 eggs  
Juice of 2 lemons  
Butter size of walnut  
Cook in a double boiler.

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# Where Is The Thrift of Yesterday?

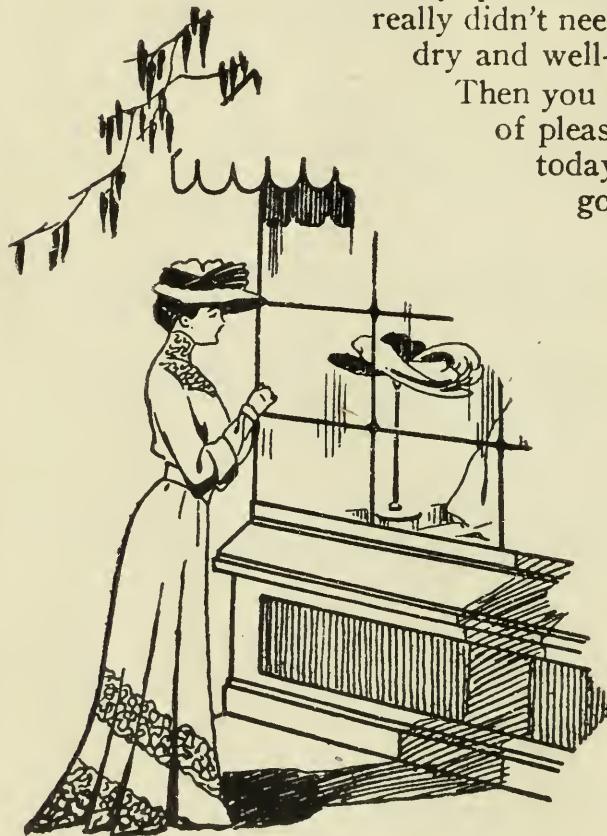
Do you recall the old-fashioned thrift . . . the kind of thrift that pinched every time you looked at color that wasn't practical, or at a frock that wasn't a hardy perennial, or at things you really didn't need to keep you warm, dry and well-fed?

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# CANDIES

---

The secret of making creamy candies is to cover kettle 5 minutes or until all grains of sugar are dissolved.

## FONDANT, FOUNDATION OF CREAM CANDIES

3 c. sugar	Flavoring
1 c. water	1-3 tsp. cream tartar

Place in sauce pan on stove and stir until it boils, then cover for 5 minutes or until all grains are dissolved. Remove cover and let boil without stirring until soft ball forms in cold water. Turn carefully on to platter previously wet and drained with cold water. Do not put scrapings from pan into platter. Let stand until platter feels cool to hand.

Beat until mass can be handled then mold in hands until smooth. Place in bowl, cover and let stand at least over night. It is better if it can ripen a week or more. Use with chocolate, nuts, cocoanut, peanut butter, etc.

## BROWN SUGAR CANDY

2 c. brown sugar	Peppermint oil
1 c. white sugar	1 c. cold water
2 T. vinegar	

Stir all together and continue to stir until mixture boils. Cover 5 minutes. Remove cover and cook to dry brittle stage. Pour into buttered pan. Turn edges as it cools. When cool enough to handle take piece size of small egg and stretch until light (after using 5 drops of oil to flavor.)

Put balance of candy on table in oblong mass and stretched part in strips. Draw out into flat sticks and let cool. Should be very brittle.

—Mrs. Effie Merrill

## SMITH COLLEGE FUDGE

$\frac{1}{4}$ c. butter	2 Tbsp molasses
1 c. sugar, white	$\frac{1}{2}$ c. rich milk
1 c. brown sugar	2 squares chocolate

Mix together and boil until it forms a soft ball in cold water. Remove from fire and add one Tbsp. vanilla and 3 Tbsp. peanut butter. Stir until it thickens. Pour into buttered pans and set in a cool place.

—Bessie Squires.

**HOLIDAY HASH**

2 c. granulated sugar  
 $\frac{1}{2}$  c. of maple or brown sugar  
 $\frac{1}{2}$  c. golden corn syrup  
1 c. water and a pinch of cream of tartar.

Boil to a firm stage add 1 tsp. of vanilla and pour over the stiffly beaten whites of 2 eggs. Have ready  $\frac{1}{4}$  c. each of chopped dates, candy cherries, citron and orange rind, and  $\frac{1}{2}$  c. of chopped or shredded cocoanut.

Beat the syrup till light and foamy, then stir in the fruit. Pour in buttered tin and cut in squares. —Mrs. F. L. Erdman.

**SUGARLESS CARMELS**

Pass 1 pound dates, 1 pound figs, and  $\frac{1}{2}$  pound pecans through a grinder, soften with a little lemon juice. Cut into caramel shapes and roll lightly in granulated sugar.

—Mrs. F. L. Erdman

**POP CORN BALLS**

1 c. mild or $\frac{1}{2}$ strong molasses	3 c. sugar
1 c. boiling water	$\frac{1}{4}$ tsp. cream of tartar
$\frac{1}{4}$ tsp. soda.	

Cook all together, except soda, until very hard or brittle when dropped in cold water. Add soda and pour over popped corn. Make into balls. Wet hand in water to keep from sticking.

—Mrs. L. F. Rich

**BOSTON CREAMS**

1 large can condensed milk  
4 c. sugar

Carmelize one c. sugar, add 1-3 part of milk and cook until dissolved. Add one c. sugar and another 1-3 milk. Cook until smooth. Then add one c. sugar and last third of milk and cook until it forms a soft ball in cold water. Let cool and add  $\frac{1}{2}$  c. nuts. Stir until it thickens. Roll in bar. —Mrs. E. A. Beesley.

**COLLEGE DIVINITY**

2 c. sugar	$\frac{1}{4}$ c. corn syrup
$\frac{1}{4}$ c. pineapple	1-3 c. water

Boil until brittle in cold water, beat whites of two eggs. Pour mixture over very slowly and beat very fast until a dull color. Add chopped walnuts when about half through beating.

—Mrs. Leavett.

**FUDGE**

3 c. sugar	1 c. milk
2½ squares chocolate	1 tbsp. flour
Pinch of salt	1 tsp. vanilla
A large piece of butter	

Cook until it hardens in water then add the butter and nuts or fruit if desired. Let stand in cold water until cool then take out and beat until creamy.

—Mrs. J. L. Winmill.

**PINEAPPLE FUDGE**

1 c. canned milk	3 c. sugar
2 tbsp. butter	2 tsp. lemon juice
1 c. crushed pineapple drained from the juice.	

Combine the milk and sugar, add the butter and heat to boiling point. Add the pineapple and cook for about 25 minutes stirring constantly (to prevent from burning.) Cool without stirring and add the lemon juice. Beat until crystallization begins. Pour in buttered tins and cut in squares.

**CANDIED ORANGE OR GRAPE FRUIT RINDS**

Soak in cold water, cook until tender in plenty of water. Remove white pulp, cut in strips. Make syrup of 1 c. sugar to 1-3 c. water, boil. Add rinds and boil until syrup is absorbed. Sprinkle with sugar and sprinkle with ginger and dry slightly on board. Store in cans or jars. Use walnuts in same way.

—Mrs. Nathan Levine

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# EGGS

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## GOLDEN ROD EGGS

2 c. hot milk	1/8 tsp. pepper
4 eggs	2 Tbsp. butter
1/2 tsp. salt	2 Tbsp. flour
4 slices of toast	

Make a white sauce of the milk, flour, butter, pepper and salt. Boil eggs hard and pile on toast. Cover with white sauce.

—Mary A. Neibaur.

## PLAIN OMELET

4 eggs beaten just enough to mix  
1½ Tbsp. milk for each egg  
Salt and pepper to taste.

Melt 1 Tbsp. butter or bacon fat in hot frying pan, pour in omelet and cook on top of stove until partly set, then finish in oven until top is delicate brown.

Cheese, peppers, ground meat, salmon or any favorite addition may be used with success.

## BREAD OMELET

Mix equal quantities of fine bread crumbs and cream (about 1 c.) Add a piece of butter and 1 tsp. salt and dash of pepper, and a very little nutmeg. When the cream has been absorbed by the bread beat it smooth with a fork. Mix in the butter and 3 well beaten eggs. Fry like any ordinary omelet.

## OX EYES

Cut bread into rings with biscuit cutters of two sizes and toast them. Then moisten rings with milk, put an egg in center and set in the oven until firm and brown.

## MINUTE TAPIOCA OMELET

1/2 tsp. salt	4 egg yolks (beaten)
1/8 tsp. pepper	4 egg whites (beaten)
2 Tbsp minute tapioca	3/4 c. milk
1 Tbsp. butter	

Add seasoning and tapioca to milk, cook in double boiler 10 minutes, add butter. Pour over beaten yolks and fold in egg whites. Pour in hot buttered frying pan. Cook over low fire 17 minutes, dry out top of omelet in slow oven (275 for 5 minutes) Cut across omelet at right angles to handle. Fold carefully from handle to opposite side. Serve on hot plate.—Mrs. H. B. Rigby.





# FISH

## FISH CHOWDER

1 lb. fish, cod is good. Cut in small pieces and boil in 2 qts. water  
3 potatoes, cubed  
2 onions, sliced fine  
 $\frac{1}{4}$  c. fat pork, tried out before adding 1 tbsp. flour. Add the fish stock, potatoes and onions and let it cook until the vegetables are done. Clams or any other fish may be used.

## BAKED SALMON

1 $\frac{1}{2}$ c. milk	Salt and pepper to taste
1-3 c. flour	1 large can Salmon
1 small onion	1 egg
1-3 c. butter	

Make cream sauce of the milk, butter, egg, salt, pepper and flour. Let the onion remain in the sauce for just a few minutes and then remove it. Remove the bones from the Salmon and flake it. Add  $\frac{1}{2}$  of the sauce to the salmon and place it in a baking dish, pour the remaining sauce over the top and sprinkle with bread or cracker crumbs. Bake slowly for  $\frac{1}{2}$  hour.

## SALMON CROQUETTES

1 can Salmon  
Equal amount of hot, mashed potato

Add 2 eggs. Season with salt and pepper. Make into cakes and fry in butter until brown. —Mrs. Glen Herdti.

## SALMON PATTIES

1 can Salmon chopped  
3 eggs beaten  
1 c. bread crumbs  
2 tbsp. flour

Season with salt and pepper and fry in butter.

—Mrs. Thos. X. Smith.

## SALMON MOLD

1 lb. can Salmon	2 tbsp. melted butter
4 eggs	$\frac{1}{2}$ c. fine cracker crumbs

Season with salt and cayenne pepper

Drain the oil from the fish and do not use. Mix all thoroughly and cook in a double boiler or steam in can 1 hour. Use diced for salad or sliced for sandwiches. —Mrs. Effie Merrill

**DEVILED CRAB**

Braise about 6 small green onions, using a little of the tops and  $\frac{1}{2}$  green pepper in butter. Add two heaping tbsp. flour then 1 c. of cream or rich milk. Stir briskly all the time until a thick white sauce is made, then add a little Worcester sauce, a little dry mustard, a dash of cayenne, salt, pepper and paprika to taste. Stir in one large can of crab meat, butter a shallow pan put mixture in. Cover with grated Swiss cheese and bake in a rather quick oven for about 15 minutes or until a light brown. This serves four or five people.

—Mrs. Wm. J. Hanson

**HOLLANDAISE SAUCE**

$\frac{1}{2}$  c. butter  
1 tsp. salt  
yolks of 2 eggs

Juice of 1 lemon  
 $\frac{1}{2}$  c. boiling water  
 $\frac{1}{4}$  tsp. cayenne

Rub butter to cream, add the egg yolks 1 at a time and beat well, then add the lemon juice and seasoning. About five minutes before serving add the hot water and cook until it thickens.

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# ICE CREAMS AND SHERBETS

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## CARMEL ICE CREAM

1 1-3 c. sugar	2 c. milk
1 tbsp. flour	1 egg
1/2 tsp. salt	1 qt. whipped cream

Carmelize  $\frac{1}{2}$  of the sugar, make custard of remainder of ingredients. Stir carmelized sugar and custard together while hot. Chill and add whipped cream. Freeze.—Mrs. Grace Beesley.

## PINEAPPLE SHERBET

1 pt. boiling water, 2 c. sugar; let boil 10 minutes
Juice of 2 lemons
1 pt. can shredded pineapple
1 qt. cream, measured before it is whipped
2 tbsp sugar added to cream

Add syrup, lemon juice and pineapple together. Chill in freezer and stir in whipped cream and sugar.—Mrs. A. E. Beesley.

## APRICOT SHERBET

1 1/2 c. new milk	1 pinch of salt
1 c. whipping cream	2 egg whites
3 c. sugar	2 tbsp. pulverized sugar
1 qt. canned apricots	

Scald milk, add sugar and salt. Cool, add whipped cream and strained apricots pulp. Freeze until mushy. Beat egg whites and pulverized sugar. Pour into freezer with other ingredients and freeze again.

—Mrs. Bessy Beal.

## ORANGE SHERBET

2 qt. milk	1 pt. cream
1 1/2 c. sugar	1 egg
3 oranges (juice and rinds)	1 lemon (juice and rinds)

—Lucy H. Ostler.

## HUCKLEBERRY ICE

4 c. water	Juice of 2 lemons
2 c. sugar	Juice of 2 oranges
3 c. huckleberry juice	

Make a syrup of sugar and water and boil 10 minutes. Add fruit juice and freeze. Other fruit juices may be used.

**PEACH ICE CREAM**

- 2 c. milk  
 1 c. sugar  
 2 sliced peaches (put through colander)

Add the sugar to the peaches and let stand in cool place for a while. 1½ c. cream, whip well and add the milk. Add the milk and cream to the peaches and freeze. Peach or apricot jam may be used instead of the fresh fruit.

—Mrs. J. L. Winmill.

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juice. Boil rapidly for 10 minutes, chopped, with gelatin and stir thoroughly. Pour into sterilized jars and seal. Makes  $3\frac{1}{2}$  pints.

Peaches, sugar and maraschino combine ground orange,

orange gelatin 1 package (3 ounces) or

cherries 1 small bottle maraschino

4 cups sugar 4 cups mashed peaches

1 whole orange, ground

(Mrs. Mary Pace)

### Peach Jam

Remove from heat and stir in gelatin, stirring until completely dissolved. Pour into sterilized bottles and seal hot, sterilized bottles and seal immediately.

stirring occasionally.

Combine peaches, pomeapple, sugar and maraschino

cherries. Boil for 20 minutes,

cut very fine 6 to 8 maraschino cherries,

5 cups sugar 1 cup crushed pomeapple

peaches 5 cups mashed or diced

(Mrs. Barbara Erickson)

### Peachy Jam

## MARMALADES AND CONSERVES

## ORANGE MARMALADE

6 oranges 1 grapefruit

2 lemons

Cut fine, rind and all and add three times as much water as fruit. Let stand 12 hrs. Next day boil uncovered until rind is tender. Then add as much sugar as fruit and juice, and boil until it is like a thick syrup. Add one bottle of certo let boil one minute and pour in jelly glasses.

## PEACH MARMALADE

Peal and grind 1 case peaches or 5 qts. After they are ground add

2 oranges, ground

Juice of 2 lemons

3 qts. sugar

Boil until thick, about 3 hrs. Just before done add 1 can of crushed pineapple after juice is drained off.

## **BANANA ORANGE MARMALADE**

3 ripe bananas	Juice of 1 lemon
Juice of 1 orange	2 Tbsp. sugar
2 Tbsp. butter	1/4 c. salted nuts
4 Tbsp. orange marmalade	

Peel bananas cut in two and slice lengthwise, place in a shallow dish and cover with the sauce of fruit juices, sugar and butter. Boil up quickly together. Spread with marmalade and cover with chopped nuts, (walnuts, almonds or peanuts). Bake 25 minutes in a moderate oven. Cool slightly before serving. Serve as a garnish for game. For a dessert serve on hot buttered toast.

—Mrs. Anna Whitehead

## **PEAR HONEY**

Grind pears thru food chopper and measure. Add  $\frac{1}{2}$  amount of sugar as pears, and the juice of 1 lemon. Cook over slow fire until of an apple butter consistency and bottle as you would jelly.

—Mrs. H. B. Rigby.

## RHUBARB AND PINEAPPLE CONSERVE

5 pounds sugar

4 pounds rhubarb

1 qt. can of pineapple

Boil for 15 minutes and bottle.

—Mrs. Bessie Squires.

**GRAPE CONSERVE**

Wash grapes and remove pulp from the skins. Keep pulp and skins separate. Cook pulp long enough to loosen seeds. Strain to remove seeds. Measure the juice and add skins. Put on to cook and when heated through put in  $\frac{3}{4}$  as much sugar as pulp. Boil to consistency of marmalade, add nuts and boil 5 minutes and remove from stove.

—Mrs. W. L. Sutherland.

**CITRON PRESERVES**

Peel and take out seeds. Cut in squares about 1 in. then weigh. To 3 pounds of citron add 1 pound sugar, let stand 6 to 8 hours or over night. Then cook about 8 hours or till citron is clear 1 $\frac{1}{2}$  to the syrup. Put in glasses. When ready to use add a little lemon extract.

—Mrs. Luke Briggs.

**PICKLED PEACHES**

6 lbs. peaches	3 lbs. sugar
1 pt. cider vinegar	1 c. of water
2 Tbsp. cloves, heads removed	2 sticks cinnamon broken up

Scald and skin freestone peaches, cook sugar, vinegar and spices to a syrup. Add peaches cook  $\frac{1}{2}$  hour, remove peaches to stone jar, cook syrup 10 minutes longer and pour over peaches, every day for a week. Cover top of jar with waxed paper and a lid and keep in cool place.

—Mrs. E. K. Jensen.

**DOES YOUR JELLY JELL**

For a perfect jelly use  $\frac{3}{4}$  of c. of sugar to one c. of fruit juice. This jelly will stand alone.  $\frac{1}{2}$  c. of sugar to 1 c. of juice makes a tough sour jelly.

**CLARIFIED APPLES**

1 qt. granulated sugar  
3 pts. water

Shreaded rind of one lemon and one orange, boil until it hairs. Pare and cut 8 apples in 4 pieces each. Place in syrup. Cook slowly until color of gold. Add juice of the one lemon and orange. Serve cold on flat dish. This makes a very delicious and beautiful dish served with chicken, turkey or lamb.

—Mrs. Geo. S. Romney.

# M E A T S

## MEAT LOAF

1½ lb. Hamburger	6 soda crackers (crumbed)
1 lb. sausage	Milk to moisten
2 eggs-beaten	Salt and pepper to taste

Mix all together and form in loaf. Slice onion on top and pour one can of either tomato soup or tomatoes over the loaf. Bake.

—Mrs. Elizabeth Waldram.

## ENGLISH BEEF STEAK PIE

2 lbs. round steak	1 tsp. salt
1 small onion	

Cut steak in small pieces, dice onion and add salt. Put in dish and cover with water.

Make crust with 1 c. flour	½ tsp. salt
2 tbsv chopped suet.	Enough water to make soft dough

Place dough on top of meat, being careful not to let juice of meat wet top of dough. Steam for 4 hours. Serve hot.

—Mrs. L. F. Rich.

## COLD JELLIED MEAT LOAF

Boil until tender—

1 chicken and 3 lbs. of veal shank, also 1 onion and salt and pepper. Remove meat and simmer stock down until you have two cups liquid left. Shred meat but do not grind. Place in loaf tin and pour on hot liquid. Hard boiled eggs or olives may be added.

## BEEF STEAK ROLL

1 round steak, well scored.

Make a dressing of—

1 lb. sausage	1 c. bread crumbs
1 egg	1 small onion

Salt and pepper to taste

Spread on steak and roll. Tie with a cord and bake in a moderate oven 1 hour.

—Mrs. Widdison.

## SAUSAGE AND TOMATOES

Toast pieces of bread and put over them a little of the fat in which the sausage has been fried. Arrange sausage on the toast and over all pour tomato sauce.

—Mrs. Martha Briggs.

## SAUSAGE TURNOVERS

Make rich biscuit dough, roll out  $\frac{1}{4}$  inch thick and cut the size of a saucer. Place one link sausage or loose sausage made into a roll on dough. Roll and pinch edges well. Bake in a moderate oven for 30 minutes.

**BAKED HAM WITH RAISIN SAUCE**

Cover the ham with water and add 1 c. brown sugar, 1½ c. vinegar. Boil this until tender, then take 2 c. of the water that the ham has boiled in and add 1 c. cider, 1 c. raisins and ½ c. brown sugar. Place ham in baking pan, add other ingredients and bake one hour. Baste often.

**SWEDISH DISH**

1 lb. chopped beef	2 tbsp. fat
1 c. bread crumbs	½ lb. macaroni
1 egg	1 can tomatoes
1 tbsp salt	1 onion
¼ tsp. pepper	1 pt. milk

Pour milk over crumbs, beat egg, mix all ingredients thoroughly. Cook macaroni until tender. Heat and strain tomatoes after seasoning with salt, pepper, onion and sugar to taste. Put layer of macaroni in baking dish then meat mixture by spoonfuls. Alternate the macaroni and meat in layers, and over all pour tomato sauce. Cover and bake 1 hour.—Mrs. Effie Merrill.

**POT ROAST OF BEEF WITH VEGETABLES**

4 lb. pot roast of beef	2 c. potatoes
1 c. diced carrots	1 c. celery (cut in ½ in. pieces)
1 c. sliced onions	

Pre-heat large utensil for 25 minutes on high heat and sear roast for 20 minutes turning several times to insure browning all over. During this time the utensil cover should be removed to allow the escape of steam. When thoroughly browned, cover and continue to cook on high heat for 30 minutes. Add the vegetables, 1 tsp. of salt and a little water if desired. Continue to cook 10 minutes on high and then turn the heat to medium and continue cooking for 1½ hours. 1 can of tomatoes may be added.

—Mrs. J. W. Hanison

**LAMB KIDNEY STEW**

Soak and pare the kidney and cut in slices. Sprinkle with salt and pepper. Melt 2 tbsp. butter and when hot put the kidneys in. Cook 5 minutes. Season more if desirable. Dredge thoroughly with flour and add ½ c. water or stock. Cook 5 minutes more. Kidneys are tender after a few minutes cooking but soon toughen. Lemon or onion may be used for additional flavor.

—Gertrude McCheyne

**TURKISH PILOT STEW**

1 c. rice (cooked)	1 c. tomato
2 cloves garlic	1½ tsp. salt
2 tbsp. fat	1 tsp. paprika
3 c. water or stock	½ c. chopped meat

Fry out some of fat in pan. Cut the garlic or onions fine and fry in fat. Put rice in and fry until golden brown. Grind the meat and combine all ingredients in a casserole and bake 1 hr.

—Effie E. Merrill.

**LUNCHEON DISH**

Chop one clove of garlic, two medium sized onions and two sweet peppers, saute in butter and beef fat, (about 6 tbsp. butter) a few minutes but do not brown. Add two pounds of ground round steak and cook gently about 1 hour. Add a can of tomato juice that has been slightly thickened and about two packages of spaghetti. Add one cup grated cheese, ½ tsp. paprika, a little cayenne, salt and pepper to taste. Put in buttered pan and bake slowly about 2 hours. 1 can corn may be added.

—Mrs. Wm. J. Hanson

**STUFFED HEARTS**

2 small calves' hearts	1 cup bread crumbs
½ tsp. poultry seasoning	1 tsp. salt
Pepper and boiling water	

Wash hearts thoroughly and remove any muscular portion. Make dressing by pouring boiling water through crumbs, drain well, add seasoning and when cold fill the hearts, cover with boiling water and cook in oven from 4 to 6 hours, drain off liquid and thicken for gravy, sprinkle hearts with buttered crumbs, salt and pepper. Brown in hot oven and serve at once.

—Mrs. D. O. Wilcox

**CANAPES**

Cut bread in round pieces size of sauce dish, fry one side in butter until a light brown, put on plate and spread with chopped cooked meat which is seasoned with salt and pepper, cut pimento in strips and arrange like a flower. Put white of hard boiled eggs chopped between strips of pimento and yellow of egg in center. Serve with pickles and cheese straws.—Mrs. Anna Whitehead.

**FRIED LIVER**

Cut liver in thin slices, scald in hot water and wipe dry. Dip in beaten egg. Roll in cracker crumbs and fry in deep fat.

—Mrs. Glen Herdti.

**HUNGARIAN VEAL**

Melt a piece of butter the size of an egg. Add 1 T. paprika. Chop a medium sized onion fine, and fry slowly in butter. Take a 1½ lb. veal steak and cut into one-half inch cubes. Add to the butter and stir well. Cover with water and simmer for two hours or until the meat is real tender. Add salt to taste and boil down until water is almost gone. Then add 1 pint of sour cream and finish seasoning to taste. If sweet cream is used add 1 tbsp. vinegar and 1 tbsp. flour. This is delicious served with mashed potatoes, or for variety serve it with noodles or rice.

—Mrs. Bessie Beal

**DEVILED VEAL**

3 lb. shoulder of veal	6 eggs
1 can mushrooms	1 c. walnut meats
Salt and pepper to taste	

Boil the veal until tender. Add salt and pepper, cool and dice. Thicken the liquor to consistency of gravy. Add diced veal and hard-boiled eggs cut separately, diced mushrooms and walnuts. Put in baking dish, cover with rolled corn flakes and dot with butter. Bake ½ hour.

—Mrs. J. E. Graham.

**CHICKEN SHORT CAKE**

Sift together 2 c. flour, 3 tsp. Royal Baking Powder and ½ tsp. salt. Add 4 tbsp. shortening and mix thoroughly with fork. Add 1 egg and sufficient water to make soft dough. Half fill greased muffin tins and bake in hot oven. (475) 10 to 12 minutes. Makes 6 cakes. Split, butter and fill with hot creamed chicken or mushrooms.

**YORKSHIRE PUDDING**

**Serve with roast beef**

4 eggs	1 pt. milk
1 c. flour	1 tsp. salt

Beat eggs until very light, add milk gradually beating all the time. Add the flour next and beat hard. Bake in a moderate oven for 20 minutes. If oven is too hot the pudding will not rise.

—Mrs. May Grover.

**BAKED HAM**

½ Swifts' Premium Ham (Boiled two or three hours.)

Rub brown sugar and mustard on and put whole cloves in the fat. Pineapple may also be used. Bake until nicely browned.

—Mrs. W. L. Sutherland.

**APPLE HAM CASSEROLE**

Select a slice of ham an inch thick, rub well with brown sugar and place in a baking dish. Stick 3 cloves in the ham, add 1 tbsp. finely chopped onions (or not, as desired). Peel, core and quarter apples, cover the ham with apples, sprinkle with 4 tbsp. brown sugar and add 1 tbsp. butter cut in bits. Add 1 c. boiling water and bake in a covered dish until meat is tender.

**SCALLOPED HAM**

2 c. finely chopped ham                    1 c. chopped hard-boiled eggs  
½ tsp. mustard                              Pepper to taste

Mix with 1 c. white sauce, cover top with buttered bread crumbs and bake.

**CANNING BEEF**

Sterilize bottles, lids and rubbers. Have meat fresh and that has not been frozen. Cut meat in small pieces. Pack in the jars. To a 2 qt. bottle add 1 tbsp. salt. Fill the jars with water, place lid on tight then turn them  $\frac{1}{8}$  of a turn back. Put in boiler with water enough to steam, cook for 5 hours. Take out of boiler and seal.  
—Margaret Pearson.

**CHICKEN CANAPES**

To  $\frac{1}{2}$  c. aspic jelly, made from chicken stock which is cool but not set, add  $\frac{1}{2}$  c. mayonnaise. Cut cold roast chicken in very thin slices coat with aspic mixture and arrange on bread which has been sauted in butter and cooled. Garnish the chicken with bits of pimento and make a border of the aspic with a pastry bag and tube.

**HOT OYSTER CANAPES**

(For lunch or dinner)

Stamp bread in ovals about 4 in long, brown in butter and sprinkle a bit of chopped onion and parsley on each. Drain and dry large oysters, lay one on each canape, season with salt, pepper and lemon juice and top each with tiny square of sliced bacon, with a tooth pick. Set in oven just long enough to crisp bacon and curl oyster. Remove picks and serve with a section of lemon.

**HAM CANAPES**

Mix together  $\frac{1}{2}$  c. deviled ham or boiled ham, chopped fine, season with mustard, tabasco, and 1-3 c. thick tomato sauce. Spread mixture on squares of buttered toast, cover with grated cheese, then with buttered crumbs and set in oven to brown lightly.  
—Mrs. Kenneth Webster.

### CASSEROLE CHICKEN

Stew 1 chicken until tender, separate from bones, add 1 can peas, 1 can mushrooms, 1 can tomatoes and a little red pepper. Cook with carrots. Then thicken with a little flour. Pour over chicken and bake.

—Mrs. Nathan Levine.

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# PIE

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## CHEAP CREAM PIE

2½ c. water or milk	4 Tbsp. flour or corn starch
1½ c. sugar	

Heat in double boiler and add sugar and flour or corn starch. Cover with whipped cream. Makes 2 pies. Chocolate, lemon, bananas or pineapple may be added.

## PUMPKIN PIE

1½ c. of steamed and strained pumpkin	
2-3 c. brown sugar	1½ c. milk
1 tsp. cinnamon	½ c. cream
½ tsp. ginger	½ tsp. salt
2 eggs	

Mix ingredients in order given and bake in one crust in moderate oven.

—Mrs. Geo. S. Romney.

## PUMPKIN PIE

1 pint pumpkin	1 pt. milk
½ c. sugar	½ tsp. ginger
½ tsp. salt	2 eggs
1 tsp. cinnamon	

Beat eggs with sugar and mix altogether, bake in moderate oven 45 minutes.

—Mrs. May Grover.

## CREAM RAISIN PIE

1 c. seedless raisins	1 tsp. flour
1 c. cream	1 c. sugar
2 egg yolks	

Stew raisins until done, add cream, sugar, and flour. Mix well and cook five minutes. Add egg yolks and cook until thick. Put into baked crust. Cover with egg whites beaten stiff.

—Mrs. I. N. Corey.

## MOCK CHERRY PIE

3 c. cranberries	2 Tbsp. water
1 c. seeded raisins	1½ tsp. syrup
1½ c. sugar	½ tsp. salt
2 Tbsp. flour	½ tsp. lemon or vanilla

Chop cranberries, add dry ingredients to fruit mix well. Puncture both top and bottom crusts to permit steam to escape. Bake in moderate oven 45 minutes.

—Mrs. D. O. Wilcox.

**SOUR CREAM PIE**

1 c. sour cream	1 c. chopped raisins
1 egg	1 Tbsp. flour
1 c. sugar	1 tsp. vanilla

Mix the sugar and flour, egg and cream, then raisins and vanilla. Pour into pie crust. Cover with top crust. Bake in quick oven long enough to set under crust. Then lessen heat and bake slowly until custard is done. If the top crust is omitted, top with whipped cream.

—Mrs. Bessy Beal

**LEMON PIE**

Juice of 1 lemon	1 c. sugar
1 c. water	Pinch of salt
2 eggs (save whites for meringue for top of pie)	
2 heaping Tbsp. of flour mix to paste for thickening	

Mix lemon juice, sugar and water and egg yolks together and beat until almost boiling point, remove from stove and stir in thickening, return to fire and cook until thick, stirring constantly. This may be cooked in double boiler.

Make rich pie crust, line deep pie plate and bake. Fill with cooked filling and top with meringue, made from the whites of eggs, beaten stiff with wire whipper and two Tbsp. sugar folded in. Brown delicately.

—Mrs. C. L. Miller.

**MEATLESS MINCE MEAT**

2 qts. apples, chopped	4 qts. green tomatoes, ground fine
2 lbs. brown sugar	1 lb. seeded raisins
½ lb. citron chopped	½ c. suet, chopped fine
1 tsp. salt	½ c. strong cider vinegar
1 ½ c. dark molasses	1 tsp. cinnamon
1 tsp. cloves	1 tsp. grated nutmeg.

Chop tomatoes fine and drain off all juice, cover with cold water and let come to boil and scald for 30 minutes, then drain well, add all the ingredients except the spices. Stir well together and cook until thick, when cool add spices stir thoroughly and place in a stone jar. This quantity will make six large pies.

—Myrtle Morris.

**PIE CRUST**

1 2-3 c. flour	½ tsp. salt
1 ½ tsp. B. P.	6 rounding Tbsp. shortening
Mix with cold water.	—Mrs. Daniel Ricks.

**CREAM PIE**

Foundation good for 20 pies

Five qt. sugar	2 T. salt
2 c. corn starch	12 egg yolks
6 c. flour	1/2 lb. butter
8 qts. water	

For lemon pie— Use 12 lemons. Mix sugar, corn starch and flour thoroughly. Stir into the boiling water. Cook  $\frac{1}{2}$  hr. in double boiler, then add lemon juice. Cook five minutes and add egg yolks and butter. Cook until butter is melted. Fill baked shells. Use meringue made of egg whites. 1 Tbsp. powdered sugar to egg white or one half cup cream whipped for each pie.

Pineapple Pie—Use 4 large cans grated pineapple. Drain and add water enough to make 9 qts. liquid. 6 tbsp. lemon juice. Use above ingredients and mix with pineapple. Except water and proceed as for the lemon pies.

For Banana Pie—Use milk instead of water. Makes 27 pies.

Chocolate Pie—Proceed as above omitting the corn starch. Use  $1\frac{1}{4}$  c. cocoa, or 1 tbsp. for each pie. —Mrs. H. M. Warner.

**MINCE MEAT**

5 lb. beef, 1 lb. suet	4 lb. raisins
2 lbs. dried apples	1 lb. citron peel
$\frac{1}{2}$ bu. green apples	1 lb. lemon peel
4 lbs. currants	1 pint vinegar
2 qts. cider	4 lbs. sugar

Add lemon extract, cinnamon, cloves, nutmeg, and allspice to suit taste.

—Mrs. Lorenzo Jensen.

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# PICKLES

## CHILI SAUCE

½ bu. firm ripe tomatoes	2 tsp. allspice
2 doz. onions	2 tsp. cinnamon
2 doz. red peppers	1 tsp. cloves
1 doz. green peppers	¾ c. salt
6 c. vinegar	3 c. sugar

Grind and cook 4 hours.

—Mrs. Effie Merrill.

## CATSUP

1 gal. tomato pulp	2 c. sugar
1 pt. vinegar	3 Tbsp. salt
1 Tbsp. pickling spice	1 Tbsp. black pepper
1 onion chopped and put in bag	3 tsp. cinnamon

Boil down to consistency of catsup. Put vinegar in last.

—Mrs. W. L. Sutherland.

## APPLE CATSUP

Stew sour apples until tender, and sieve. To each qt. of sieved apples add 2 c. sugar, 1 tsp. black pepper, 1 tsp. cloves, 1 tsp. cinnamon, 1 Tbsp. salt and 3 med. sized onions, cut fine.

Stir all together add enough cider vinegar to cover. Place over slow fire and boil for 1 hr. Stir often to keep from burning. Seal while hot.

—Mrs. L. Y. Rigby.

## DILL PICKLES

Wash and pack cucumbers in 2 qt. jars. Put in a small bunch of dill. 2 Tbsp. salt. 2 c. vinegar. Finish filling with cold water and use self sealing lids. Ready for use in 2 weeks. —E. C.

## SWEET PICKLES

1 c. salt to 4 qts. water, use medium sized cucumbers also cauliflower and small onions. Soak in brine 24 hrs. Drain and boil 20 minutes in a solution of 1 pt. vinegar to 2 qts. water, 2 tsp. tumeric. Take out and drain thoroughly, rinse in cold water. Use 5 qts. of cucumbers 1½ qts. onions, 1 qt. cauliflower or use all cucumbers.

### Syrup

10 c. sugar	5 c. vinegar
4 c. water	

2 hands full Dove brand spices tied in cloth. Put in a few of choice spices, loose cinnamon, cloves, mustard seed. Boil 40 minutes all together, pack pickles in bottle and pour hot syrup over and seal.

—Mrs. Daniel Ricks.

**SWEET PICKLES**

25 large or 75 small cucumbers	2 qts. Heinz cider vinegar
2 qts. sugar	1 Tbsp. whole cloves
2 sticks cinnamon	Alum size of walnut

Brine to hold up an egg

Let cucumbers stand in brine 2 weeks, placing a cloth over top of jar. When a scum begins to collect wash cloth every day. Cut cucumbers into pieces, if large, and wash well. Let stand in alum water over night. Boil sugar, spices, and vinegar until thick as syrup. Pour hot syrup over cucumbers. Repeat 4 mornings. Seal in jars.

—Mrs. L. F. Rich.

**BREAD AND BUTTER PICKLE**

1 qt. med. cucumbers	1½ c. vinegar
6 onions (small, sliced)	1 c. sugar
2 sweet red peppers, cut in strips	1 tsp. cinnamon
Salt lightly, let stand one hour	1 tsp. tumeric

Boil 20 minutes, seal.

**PEPPER RELISH**

12 green peppers, ground	6 large onions, ground
1 or two red peppers, ground	

Sprinkle with ½ c. salt. Cover with boiling water. Let stand until cool. Add 3 c. sugar, and 1 qt. vinegar. Cook 15 minutes

—Mrs. Effie Merrill.

**BREAD AND BUTTER PICKLE**

7 qts. cucumbers	1 Tbsp. tumeric
9 small onions	1 Tbsp. celery seed
2½ c. sugar	1 Tbsp. mustard seed

Slice cucumbers and soak in salt water over night. Drain, add onion, cut in slices. Spices and cover with vinegar and water using 1 cup Heinz cider vinegar to 2 c. water. Cook about ten minutes and seal in jars. Makes about 12 pints.—Mrs. Frank Kelley

**CORN RELISH**

1 small cabbage	1½ c. brown sugar
1 large onion	2 red peppers
6 ears corn	1½ Tbsp. mustard
2 Tbsp. salt	1 pt. vinegar
2 Tbsp. flour	

Steam corn 30 minutes and add to the chopped cabbage, onion, and peppers. Mix flour, sugar, mustard and salt. Add the vinegar, add the mixture to the vegetables and simmer for 30 minutes. Bottle and seal

—Mrs. J. E. Garner.

**GREEN TOMATO RELISH**

2 gal. green tomatoes	1 tsp. allspice
12 large onions	1 tsp. cloves
4 red bell peppers	1 Tbsp. mustard seed
1 qt. vinegar	1 Tbsp celery seed
2 Tbsp. mustard	½ c. salt
2 Tbsp. black pepper	

Cook until tender and bottle. —Mrs. Elizabeth Waldram.

**SWEET RELISH**

1 peck green tomatoes put through food chopper. Let stand over night in salt. Wash and drain, add one medium cabbage, ground, Boil

2 qts. vinegar	1 qt. water
6 onions, ground	3 red peppers, ground
5 c. sugar	2 green peppers, ground
2 Tbsp. celery seed	2 Tbsp. mustard seed
1 tsp. cinnamon	1 tsp whole cloves

Tied in a bag and cooked until soft and thick.

**TOMATO RELISH**

12 ripe tomatoes	12 apples
6 large onions	8 green peppers
8 red peppers(sweet)	

Grind all through food chopper. Add:

1 pound brown sugar	1 pound raisins, seedless
1 qt. vinegar	2 tsp. ginger
½ tsp. cayenne pepper	2 Tbsp. salt

Boil 1 hour and seal.

—Mrs. Myrtle Morris.

**UNCOOKED CELERY RELISH**

12 c. chopped celery	2 tsp. powdered cloves
4 c. chopped cabbage	3 c. sugar
1 c. chopped green pepper	6 c. vinegar
1 c. chopped red pepper	1 c. salt
1 c. chopped onions	2 Tbsp. mustard seed
1 qt. chopped green tomatoes	1 Tbsp. powdered cinnamon

Mix the vegetables and salt and let stand over night. Strain thoroughly and add the rest of the ingredients. Pour into a jar and weigh down with a lid. After a week the relish will be ready to serve.

# PUDDINGS

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## APPLE DUMPLINGS

Make syrup of 1 c. sugar, 1 T. butter, 2 heaping c. of sliced apples, and 2 c. of hot water. Let come to a boil. (Fresh canned apples may be used.)

### Dumplings

Sift together 1 c. flour, 2 tps B. P.,  $\frac{1}{2}$  tsp. salt. Mix with  $\frac{3}{4}$  c. sweet cream and drop in spoonfuls into the boiling syrup. Cover and boil for 20 minutes without lifting lid. —Mrs. L. Y. Rigby.

## RICE APPLE PUDDING

1 c. boiled rice	2-3 c. brown sugar
1 c. chopped tart apples	2 tbsp. butter
$\frac{1}{2}$ c. stewed prunes, chopped	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ tsp. vanilla	

Combine ingredients and turn into a greased baking dish. Cover with buttered crumbs. To 1 c. of milk, add 1 beaten egg and pour this over the mixture. Bake 30 to 40 minutes, serve hot with thin cream.

## BREAD CRUMB AND APPLE PUDDING

3 c. bread crumbs	$\frac{1}{2}$ c. sugar
3 c. apple sauce	$\frac{1}{2}$ tsp. cinnamon

Mix sugar, apple sauce and cinnamon. Into a buttered baking dish put a layer of crumbs then a layer of apple sauce, making three layers each with bread on top. Dot with butter and bake 20 minutes.

## HARVARD PUDDING

1-3 c. butter	$3\frac{1}{2}$ tsp. B. P.
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ tsp. salt
$2\frac{1}{2}$ c. flour	1 c. milk
1 c. fruit (raisins or dates)	

Steam 2 hours in cans or pan. Serve with sauce or cream.

—Mrs. Arthur Harris

## PRUNE PUDDING

1 c. prunes cooked, seeded, chopped	
$\frac{1}{2}$ c. sugar	1 T. butter
1 c. nuts, chopped	1 c. bread crumbs
$\frac{1}{2}$ c. prune juice	1 tsp. B. P.
Salt	

Bake 20 minutes.

—Mrs. Clyde Packer.

**PINEAPPLE FOAM**

Prepare and grate a small pineapple, beat very light the whites of two eggs and gradually stir into them  $\frac{1}{2}$  c. sugar, then the grated pineapple. Whip 1 c. of thick cream and stir into the prepared pineapple.

Chill and serve in glass cups.

—Mrs. M. C. Madison.

**BAKED PUDDING**

3 eggs	1 tsp. soda
$\frac{1}{2}$ c. butter	$1\frac{1}{2}$ cup flour
1 c. sugar	1 c. raspberry or gooseberry jam
4 tbsp. sour milk	

Season with nutmeg and cinnamon. Cream butter and sugar then add other ingredients. Bake in a slow oven for 30 minutes. Serve with hard or cooked sauce.

—Mrs. I. N. Corey.

**PLUM PUDDING**

$\frac{1}{2}$ lb. raisins	$\frac{1}{4}$ lb. suet, creamed with raisins
$2\frac{1}{2}$ c. bread crumbs, soaked in $\frac{3}{4}$ c. milk	
3 eggs	$\frac{1}{2}$ tsp. cinnamon
1 c. brown sugar	$\frac{1}{2}$ tsp. nutmeg
1 tsp. salt	$\frac{1}{4}$ tsp. cloves

Combine then add  $\frac{1}{2}$  c. raisins mixed with  $2\frac{1}{2}$  large tbsp. flour in which has been sifted  $2\frac{1}{2}$  tsp. B. P. Turn into buttered pan steam  $2\frac{1}{2}$  hrs. Serve with hard sauce.—Mrs. G. E. Widsteen.

**ENGLISH PLUM PUDDING**

$2\frac{1}{2}$ c. chopped suet	2 c. flour
1 c. flour	2 tsp. B. P.
2-3 lb. raisins	$\frac{1}{4}$ tsp. cloves, cinnamon
2-3 lb. currants	$\frac{1}{2}$ tsp. mace, salt
$\frac{3}{4}$ c. citron	2 eggs
1 c. sugar	$\frac{1}{2}$ c. sweet milk

Cut, do not grind suet, fine and add 1 c. flour, add fruit, sugar and then flour mixture. Then eggs and milk mixture. This should be quite stiff. Boil in cloth 4 to 6 hrs. Dip cloth in boiling water and dredge in flour. Be sure the pudding is covered with flour.

—Mrs. A. E. Taylor

**DATE PUDDING**

1 pkg. dates cut fine	1 c. boiling water
1 tsp. soda	1 c. sugar
3 tbsp. butter	2 eggs
1½ c. flour	1 tsp. B. P.
1 c. walnuts	½ tsp. vanilla

Cream butter and sugar, add eggs, well beaten, sift flour and B. P. and add. Then add vanilla and walnuts, cut fine. Pour boiling water over dates and add soda, let cool and add to mixture. Steam three hours in covered cans.

—Mrs. C. W. Poole.

**SUET PUDDING**

1 c. ground suet	2 c. bread crumbs
1 c. flour	
1 c. raisins (2 c. raisins and no currants if desired.)	
1 c. currants	
½ c. molasses (Sorgum molasses is best)	
½ c. sugar (less molasses and more sugar if desired)	
1 c. sweet milk	
1 tsp. salt	
1 tsp. each of cloves and nutmeg.	

Steam 3 or 4 hours

—Mrs. May Grover.

**TIHITIAN DESSERT (Squash Pudding)**

An ample amount of squash	1 can pineapple grated
1 c. sugar	2 eggs well beaten
Juice of one lemon	¼ tsp. salt
¾ to one c. corn starch in water	

Mix all together. Bake in well greased pan in moderate oven until well set. Serve hot or cold with grated cocoanut.

—Thomas X. Smith, Jr.

**RAISIN APPLE COBBLER**

First part:	
5 tart apples	1 c. raisins
1 c. sugar	2 Tbsp. butter
Put all in baking dish and cover with following batter.	
1 egg	2 T. melted butter or substitute
½ c. sugar	½ tsp. vanilla
1 c. sifted flour	¼ c. milk
1 tsp. B. P.	

Beat egg until light, add sugar, sift flour and B. P. and add to mixture alternately with milk. Beat until smooth. Add melted butter and vanilla.

—Mrs. Clyde Packer.

**DATE PUDDING**

2-3 c. sugar	2 eggs
1 c. bread crumbs	5 T. melted butter
$\frac{1}{2}$ c. milk or more if bread is dry	
1 c. chopped nuts	1 c. chopped dates
1 tsp. vanilla	1 tsp. B. P.

Mix dry ingredients, add moist ones. Steam or bake.

—Mrs. West Parkinson.

**DATE ROLL**

$\frac{1}{4}$ lb. dates	$\frac{1}{4}$ lb. marshmallows
$\frac{1}{4}$ lb. graham crackers	$\frac{1}{4}$ lb. nuts
$\frac{1}{4}$ pt. cream	

Roll crackers, leaving two out. Roll nuts, cut marshmallows. Put all together with cream and work with fingers and form roll size of slices desired. Then roll in remainder of crackers. Make day or so before using or long enough to chill and set. Slice and serve with whipped sweetened cream sprinkled over with nuts or chocolate candies. Serves five.

—Mrs. Daniel Ricks.

**DATE PUDDING**

1 egg	1 c. dates
1 c. Karo	1 tsp. soda
$\frac{1}{2}$ c. water	2 c. flour
1 c. nuts	

Steam in greased pan 3 hours.

**CARROT PUDDING**

1 c. grated potato	1 tsp. soda
1 c. grated carrots	$\frac{1}{2}$ tsp. salt
1 c. sugar	1 tsp. cinnamon
1 c. raisins	$\frac{1}{2}$ tsp. allspice
$1\frac{1}{2}$ c. flour	$\frac{1}{4}$ tsp. cloves
1 c. suet	

Beat soda into potato, add carrot and fruit, then the dry ingredients. Mix thoroughly and steam for four hours. Serve with either lemon or hard sauce.

—Mrs. Earl J. Soelberg.

**CARMEL SAUCE**

1 c. sugar caramelized by melting in frying pan. When melted add 1 c. water and boil until dissolved.

*Carrot Pudding  
sauce  
1 cup Brown Sugar  
1 square Butter  
3 egg yolks  
Stir & cook in  
double boiler  
until thick.  
cool add 1 cup  
cream &  
whipped  
1 t. Vanilla  
Orange & for  
two puddings*

**CARMEL CUSTARD**

Use above sauce by placing 1 Tbsp. in individual mold, then carefully pour into molds the following mixture: 1 qt. scalded milk, poured over 5 beaten eggs,  $\frac{1}{2}$  c. sugar,  $\frac{1}{4}$  tsp. salt, nutmeg and lemon ext. Set molds in pan with water in it and let bake in a moderate oven until a knife will come out clean. (about 20 minutes). Let cool and remove by running around custard with knife. Turn upside down into sauce dish.

**FIG PUDDING**

$1\frac{1}{4}$ c. sugar	1 tsp. cinnamon
1 c. raisins	$\frac{1}{2}$ tsp. allspice
1 c. currants	$\frac{1}{2}$ tsp. cloves
1 c. suet	$\frac{1}{2}$ tsp. nutmeg
1 c. flour	1 c. molasses
$\frac{1}{2}$ c. figs, cut fine	$\frac{1}{2}$ tsp. soda
$\frac{1}{2}$ c. nuts	4 eggs

Mix all together dry then add one cup molasses with  $\frac{1}{2}$  tsp. soda. Add 4 well beaten eggs.

**CARMEL SAUCE**

Cream together 1 cup brown sugar,  $\frac{3}{4}$  cups butter. Let simmer until sugar is dissolved. Add  $\frac{1}{2}$  c. cream, 1 tsp vanilla.

**GRATED SWEET POTATO PUDDING**

3 large sweet potatoes	1 tbsp. melted butter or nut margarine
1 c. sugar	1 tsp. cinnamon
1 c. milk	$\frac{1}{4}$ tsp. cloves
1 egg	

Pare and grate potatoes, or put through food chopper. Add sugar and milk and mix thoroughly. Beat in the egg and add butter and spices. Put in shallow, well greased baking dish and bake until brown in (350) degree oven or, put in double boiler and steam  $2\frac{1}{2}$  hrs. May be served with any good pudding sauce, or spread with preserves and meringue and browned.

**ORANGE PUDDING**

6 oranges, med.	3 egg yolks, 3 egg whites
1 lb. can grated pineapple	1 envelop knox gelatin
$\frac{1}{2}$ c. sugar	Juice of $\frac{1}{2}$ lemon

Combine yolks and sugar, add pineapple, orange juice and 1 grated orange rind. Soak gelatin in  $\frac{1}{2}$  c. cold water let stand a few minutes then fill cup with boiling water. Mix all ingredients and last stir in stiff egg whites. Put in fancy dishes ready to serve.

—Mrs. Nathan Levine.





**ROLLED RAISINS**

2 c. sugar	3½ c. flour
2 c. hot water	2 lb. raisins
½ c. butter	1 tsp. cinnamon, cloves
½ c. lard	½ tsp. salt
2 tsp. soda	

Put sugar, butter, or lard and raisins in the hot water in a kettle and let boil 2 minutes. Remove from fire and add the 2 tsp. of soda while hot. Whip very hard and set aside to cool. When cool add the flour and bake 1 hour. —Mrs. Lorenzo Jensen.

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Idaho

# SALADS

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## SUGGESTIONS FOR SALAD COMBINATIONS

### VEGETABLE SALADS

Shredded lettuce, chopped onions, sliced cucumbers.  
Tomatoes stuffed with celery and cucumbers.  
Lettuce shredded, green peppers and pimentoes and chopped nuts.  
Lettuce, asparagus tips, sliced tomatoes.  
Beets, celery, cabbage, shredded lettuce.  
Shredded cabbage, chopped beets, chopped celery.  
Cucumbers, new onions, radishes.  
Lettuce and sliced tomatoes.  
Chopped raw carrots, shredded cabbage, chopped celery.  
Chopped carrots and nuts.  
Shredded cabbage, pimentoes and green peppers, cocoanut and  
chopped nuts.  
Shredded cabbage, peanuts, celery and chopped onions.  
New grated carrots, chopped onions, chopped green peppers.  
Shredded cabbage, chopped onions, chopped green peppers.  
Tomato stuffed with pineapple and nuts.  
Tomato stuffed with cucumbers and green peppers.  
Raw grated carrots, chopped celery, raisins, celery and nuts.  
Peas, chopped beets, and chopped peppers.  
Kidney beans, peas, chopped onions and chopped celery.  
String beans, radishes, green onions.  
Peas, chopped pickles, peanuts.  
Cooked asparagus, sliced tomatoes.  
Cooked asparagus, thousand Island dressing.  
Cooked asparagus, lettuce and chopped celery.

### FRUIT SALADS

Sliced pineapple and grated cheese.  
Pineapple, celery, grated cheese.  
Sliced orange, pineapple and grapefruit.  
Grapefruit, chopped celery, oranges.  
Sliced peaches, sliced pineapple.  
Sliced oranges, sliced bananas and nuts.  
Chopped apple, chopped celery, nuts.  
Pineapple, grapes, celery, nuts.  
Pineapple, cherries, apple, celery, orange.  
Prunes and nuts.  
Apples, dates and celery.

Pears stuffed with cottage cheese, currant jelly.  
Pears stuffed with cream cheese.  
Pears, oranges, pineapple, nuts.  
Dates, oranges, nuts.  
Cherries, pineapple, marshmallows, nuts, white grapes, shredded lettuce.  
Prunes and raisins.

### MEAT OR FISH SALADS

Chicken, celery, mayonnaise.  
Chicken, celery, apples and nuts.  
Shrimp, celery, and olives.  
Tuna fish, celery, and mayonnaise.  
Tuna fish, cabbage and pickles.  
Minced ham, celery, and cabbage.  
Sardines, lemon juice and hard, cooked eggs.

### FRUIT SALAD DRESSING

1/4 c. Lemon Juice	2 eggs beaten light
1/4 c. pineapple juice	1 c. whipped cream
1/4 c. sugar	Pinch of salt

Heat juices and sugar until boiling then beat in the eggs.  
Cook slowly stirring constantly until thick. When cool and ready  
to use stir in the whipped cream.                           Mrs. J. L. Winmill.

### FRENCH DRESSING

1/2 tsp. salt	3 tsp. vinegar
1/4 tsp. paprika or pepper	4 tsp. oil, wesson or mazola, etc.

Mix ingredients and stir until well blended.

### COOKED SALAD DRESSING

1 c. vinegar (weaken if necessary)	
1 tsp. sugar	3/4 t. salt
1 tsp. flour	1/2 tsp. mustard
1 egg	1 tsp. butter

Mix, cook all together excepting eggs and butter. Add beaten egg and return to the fire. Add butter after removing from stove.

### SOUR CREAM DRESSING

1 c. sour cream, whipped stiff	
1 tsp. lemon juice	
1 tsp. pineapple juice if possible	

Add lemon and pineapple juice during the whipping, season with salt and a dash of curry powder when it is to be served with vegetable salads. Use only the fruit flavoring for fruit salad.

**THOUSAND ISLAND DRESSING**

1 c. mayonnaise	1 tbsp. chopped pimentoes
1 tsp. tarragon vinegar	1 tbsp. chopped green peppers
$\frac{1}{4}$ tsp. paprika	1 cooked egg yolk, grated
1 tsp. chopped olives	1 tbsp. catsup
1-3 c. chili sauce	

To the mayonnaise add the chopped pimento, green peppers, egg yolks, chopped olives, Chili sauce, catsup and paprika. Mix thoroughly, then add the vinegar. If the dressing is too thick, add some olive oil and stir vigorously.

**FRUIT SALAD DRESSING**

1 cup pineapple juice	1 T. lemon juice
$\frac{1}{2}$ c. water	$\frac{1}{2}$ cup sugar
Grated rind of 1 lemon	2 T. corn starch

Boil ingredients, add corn starch, dissolved in a little water. When cold add 1 c. cream (whipped).

**QUICK SALAD DRESSING**

$\frac{1}{2}$ pt. cream	2 T. sugar
1 tsp. salt	$\frac{1}{2}$ cup weak vinegar
Serve with shredded lettuce	—Mrs. Lee Browning.

**CARROT SALAD**

2 c. grated carrot	
1 small can shredded pineapple, well drained	
1 c. shredded cocoanut	

Serve on lettuce leaf, with whipped cream sweetened and seasoned with vanilla on top of each serving.—Mrs. L. Y. Rigby.

**ASPARAGUS AND TOMATO SALAD**

6 slices of tomatoes	$\frac{1}{2}$ cup diced celery
3 T. Chopped green peppers	$\frac{1}{4}$ tsp. paprika
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ c. mayonnaise dressing
18 stalks canned or fresh asparagus	

Arrange the tomatoes on lettuce leaves and top with the rest of ingredients.  
—Mrs. Nora Clark.

**JELLO SALAD**

1 pkg. jello or jell-well (lemon)	1 T. vinegar
1 tsp. salt	1 c. chopped cabbage
1 c. chopped celery	$\frac{1}{2}$ c. pickles
1 c. carrots put thru the food chopper	

Dissolve jello in 1 pt. boiling water add vinegar and salt. Let cool and when cold, but before it sets add the chopped vegetables. Chill and mold. Serve on lettuce with mayonnaise.

—Mrs. R. H. Hamilton.

2 T. knox gelatin	1 c. cabbage (Cut fine)
2 T. knox geleton	1 c. cabbage (Cut fine)
1 cup boiling water	1½ cup celery (Cut fine)
5 T. vinegar	1 small green pepper. (cut fine)
2 T. lemon juice	½ c. canned peas
3 T. sugar	1 T. pimento (Cut fine)
1 tsp. salt	

Dissolve gelatin in 4 T. cold water. Add boiling water, then vinegar, lemon juice, sugar and salt. Chill until it begins to congeal then add vegetables. Mold and serve with mayonnaise.

#### TOMATO PERFECTION SALAD

1 qt. can tomatoes	¼ c. onion, cut fine
1 c. celery	1 c. cabbage
1 c. peas	1 green pepper
1 tsp. salt	½ tsp. paprika

Dash of cayenne pepper

2 T. knox gelatin (plain) soaked in 4 T. cold water

Strain tomatoes, heat to boiling point and pour over gelatin. Chill until it begins to congeal and add seasoning and vegetables. Mold in small cups.

—Mrs. S. J. Skelton.

#### CHEESE SALAD

1 lb. grated cheese	1 c. cream, whipped
½ c. chopped stuffed olives	
2 T. gelatin dissolved in ¼ cup warm water, beat into cream, add cheese, olives, paprika, mustard, and salt (to taste). Mix well and heat until smooth and creamy. Chill and serve on slices of pineapple with salad dressing.	

—Mrs. Alvin Ricks.

#### COTTAGE CHEESE SALAD

4 medium sized ripe pears or any desired fruit or vegetable

1 c. well seasoned cottage cheese

Wash and pare the pears, scoop out the centers and fill cavities with chilled cottage cheese.

Arrange on lettuce leaves and serve with mayonnaise or French dressing. Sprinkle with chopped nuts. Broken nut meats or chopped pimentos and green peppers may be added to cottage cheese to improve flavor, for vegetables or other fruits.

—Mrs. Nora Clark.

#### APPLE, PINEAPPLE AND CELERY SALAD

2 c. tart apples, diced	1 c. celery, cut in small pieces
2 slices canned pineapple, cut in pieces.	

Mix ingredients with apple mayonnaise and serve on lettuce leaf.

**APPLE MAYONNAISE**

To one cup of mayonnaise, add one cup bright colored apple jelly, mix lightly and serve at once.

**APPLE AND CABBAGE SALAD**

One half small cabbage, shred very fine, allow to stand 2 minutes in boiling water, drain and immerse in cold water until cool. Drain, add three tart apples, peeled and chopped, and a couple stalks of celery. Sprinkle with  $\frac{1}{4}$  tsp. salt. Add boiled mayonnaise dressing.

**CRANBERRY SALAD**

2 lbs. cranberries	Bunch of celery
1 c. nut meats	Can of pineapple
3 c. sugar	$\frac{1}{2}$ tsp. salt

Cook cranberries using  $\frac{1}{2}$  as much sugar as berries and  $\frac{1}{2}$  as much water, when tender drain.

Drain pineapple and cut in small pieces, also cut celery and nuts. Add enough hot water to cranberry and pineapple juice (to make a qt. of liquid.) Soak 1 pkg. of knox gelatin in cup of cold water, let stand 10 minutes. Then add to fruit juice. Mix all together. Mold. Use with salad dressing.—Mrs. Lola Webster.

**PINEAPPLE SALAD**

1 pkg. lemon jello, when beginning to set beat it, add 1 c. of pineapple, (cut fine, in dices) 1 c. whipped cream, 1 c. ground cheese. Chill on ice and serve with mayonnaise.

—Mrs. F. L. Erdman.

**CHICKEN SALAD DRESSING**

1 Tbsp. butter	$\frac{1}{2}$ tsp. salt
1 tsp. mustard	$\frac{1}{2}$ tsp. pepper
5 $\frac{1}{2}$ tsp. brown sugar	

Place over fire and rub until butter melts then add 2 yolks of eggs, well beaten. Let warm and stir thoroughly, then add 4 Tbsp. vinegar. Let cook until it thickens stirring constantly. When ready to serve add  $\frac{1}{2}$  c. whipped cream and  $\frac{1}{2}$  lb. chopped walnuts.

—Mrs. Kenneth Webster.

**MAYONNAISE**

1 tsp. salt	1 Tbsp. lemon juice or vinegar
$\frac{1}{2}$ tsp mustard;	1 egg yolk
1 tsp. sugar	$1\frac{1}{2}$ c. oil

Put all but oil in bowl. Use dover egg beater, beat continually while adding oil. Beat until thick. Use with whipped cream or Chili sauce for Thousand Island Dressing—Mrs. Kenneth Webster.

**SALAD PEEK-A-BOOS**

Chop  $\frac{1}{2}$  c. cold chicken and 3 olives. Mix with mayonnaise, garnish with cream cheese dusted with paprika.

**PINEAPPLE SALAD**

One can pineapple                    1 can cherries, Royal Annie-  
 $\frac{1}{4}$  lb. blanched almonds             $\frac{1}{4}$  lb. marshmallows

Pit cherries, dice pineapple, then set aside and drain. Shred almonds and quarter marshmallows. Mix with fruit dressing and let stand for 24 hrs.

—Mrs. Lorenzo Jensen.

**Dressing**

Yolks of 2 eggs                     $\frac{1}{4}$  c. cream

Juice one lemon.

Cook until thick; when cold add  $\frac{1}{2}$  pt. cream, whipped stiff.

## SANDWICH POSSIBILITIES

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### EGGS

Eggs minced and seasoned with salt and pepper, little vinegar.

- Eggs minced and moistened with salad dressing.
- Eggs sliced thin on lettuce leaf.
- Olives chopped and mixed with eggs.
- Eggs and pickles chopped.
- Eggs minced and chopped parsley.
- Eggs minced with water cress.
- Eggs scrambled with little butter.
- Eggs and ham chopped together and nuts.
- Eggs and left over veal, or ground meats.

### CHEESE

Grate cheese, moisten with cream and stir into creamy mass.  
Add chopped pimento to taste.

- Grated cheese with salad dressing.
- Grated cheese with tomato.
- Toasted cheese with dash of paprika.
- Grated cheese with nuts and salad dressing.
- Creamed cheese seasoned with chopped pickles.
- Butter creamed with grated cheese.
- Cheese rarebit.

### NUTS AND FRUITS

- Chopped nuts and salad dressing.
- Chopped nuts and butter.
- Chopped nuts with dates or raisins or figs.
- Crushed peanuts with cream, season with lemon juice.
- Banana sliced thin and sprinkled with nuts.
- Apple and celery chopped, mixed with salad dressing.
- Raisins and peanut butter mixed.
- Figs chopped fine and stewed in very little water, Add 1 tsp. sugar.
- Honey and peanut butter.

### MISCELLANEOUS

- Salmon minced and moistened with cream.
- Salmon with pickle.
- Tuna, moistened with lemon juice.
- Sardines with lemon juice.
- Chicken and celery, chopped.

Meats, all kinds, meat loaf, roasted or broiled.

Chopped beef, mixed with cheese.

Lettuce good with any sandwich.

Ham, lettuce, salad dressing.

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## SAUCES

### PUDDING SAUCE

#### First Part

1 qt. water

4 tbsp. sugar

$\frac{1}{4}$  tsp. salt

Place in double boiler and  
when hot add 2 T. corn starch

#### Second Part

1 c. butter

2 c. pulverized sugar

2 eggs

Cream butter and sugar,  
add eggs one at a time unbeat-  
en. Pour hot mixture over part  
two and beat well. Add flavor-  
ing, nutmeg, etc.

—Mrs. E. A. Taylor.

### BANANA SAUCE FOR JELLO

1 banana

$\frac{1}{2}$  c. sugar

1 egg

$\frac{1}{2}$  lemon

Mash banana, add lemon juice then sugar. Add well beaten  
egg.

—Effie E. Merrill.

### CHOCOLATE SAUCE

1 c. sugar, add 1 level tbsp. flour.  $\frac{1}{8}$  tsp. salt. 2 tbsp. cocoa  
rounding. 1 c. boiling water and a small piece of butter. Cook  
three minutes after it comes to a boil stirring all the time. Re-  
move from fire, add 1 tsp. vanilla and beat 1 minute.

—Mrs. Wm. J. Hanson.

### SUNSHINE SAUCE

1 c. sugar

1-3 c. water

Boil to soft ball stage. Stir slowly in beaten yolks of 2 eggs.  
When ready to serve add 1 c. whipped cream and  $\frac{1}{4}$  tsp. vanilla.

—Mrs. C. W. Poole.

### LEMON AND GRAPE JUICE SAUCE

1 c. sugar

1 tbsp. corn starch

1 c. boiling water

2 tbsp. lemon juice

$\frac{1}{4}$  c. grape juice

Mix sugar and corn starch together. Add gradually while  
stirring constantly to boiling water. Boil 5 minutes then add  
lemon and grape juice.

—Mrs. C. W. Poole.

# S O U P

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## VEGETABLE CREAM SOUP

2 qts. milk	1 medium sized onion, diced
2 tbsp. butter	$\frac{1}{2}$ c. celery, diced
2 c. diced potatoes	$\frac{1}{2}$ c. canned peas
1 c. carrots, diced	1 c. diced, cured, lean ham

Cook vegetables and ham in a little water, heat milk and add vegetables. When tender salt and pepper to taste.

—Mrs. Retta Hammond.

## VEGETABLE SOUP

For a small family.

Boil 3 lb. beef till tender. Then add 2 medium size carrots, 1 large onion, 1 pt. of chopped cabbage, 1 c. green peas,  $\frac{1}{2}$  c. green beans, 1 stick celery, 1 medium sized potato, 2 ripe tomatoes or 1 c. cooked tomatoes. Cook all together till well done. Salt and pepper to taste. 2 tbsp. catsup will improve the taste.

—Mrs. S. A. Munns.

## DUMPLINGS

$\frac{3}{4}$ c. thin cream	2 tsp. B. P.
1 egg	$\frac{1}{2}$ tsp. salt.
1 $\frac{1}{2}$ c. sifted flour	1 tsp. sugar

Beat egg and add cream and seasonings and flour. Moisten spoon and add to meat or fruit dishes.

## DANISH DUMPLINGS

1 c. milk	4 tbsp fat from soup or butter
2 eggs	$\frac{1}{2}$ tsp. salt

Scald milk, stir in flour and cook until smooth, or until it will not stick to frying pan. Take off of stove and stir in eggs. Season with  $\frac{1}{4}$  tsp. nutmeg and drop from a teaspoon into soup. Let come to boil with lid off of kettle. These dumplings are very light and will not fall.

—Mrs. May Grover.

## CREAM OF CELERY SOUP

3 medium potatoes	1 qt. milk
$\frac{1}{2}$ medium onion	1 tbsp. flour
2 tbsp. fat (butter)	1 tsp. salt
2 cups celery	$\frac{1}{4}$ tsp. pepper

Cook vegetables till tender. Add milk, when boiling add butter, flour and salt and pepper.

—Mrs. J. A. Watts.





**BUTTERFLY SOUP**

Take left over boiling meat or chicken, run through food chopper, add two eggs and salt, pepper to taste.

Make noodles of 2 eggs,  $\frac{1}{2}$  c. water and flour to roll stiff. Cut noodles in diamond shape, put a tsp. of filling on, fold and paste tightly and add to boiling soup. —Mrs. Nathan Levine.

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**TAMALES -- CHOP SUEY -- SPAGHETTI****CHILI**

3 c. beans

1 large onion (cooked with beans)

1 qt. tomatoes (or tomato sauce)

 $\frac{1}{4}$  c. sugar

Salt, pepper and chili powder to taste

2 lb. hamburger and 1 large onion fried together to a deep brown, add water to meat and thicken with flour, then add to beans.

—Mrs. West Parkinson.

**ITALIAN SPAGHETTI**Cook  $\frac{1}{2}$  lb. spaghetti in salt water until tender.

Sauce—

3 tbsp. Italian paste,  $\frac{1}{2}$  c. water,  $\frac{1}{4}$  c. oil, 1 tsp. black pepper. Cook 5 minutes. Slice 1 small onion to oil and cook, mix oil and water and cook, then add 2 c. tomato sauce and 1 tsp. salt. Mushrooms are a fine addition. Use sauce on spaghetti.

**CHOP SUEY**1 c. shredded celery                     $\frac{1}{2}$  lb. veal or chicken1 c. shredded, green pepper         $\frac{1}{2}$  lb. pork, cut in small pieces

2 sliced onions                        2 tsp. salt

3 c. stock, or water                    1-3 c. uncooked rice

Cook fat and fry onions in it, should be 1 tbsp fat. Cook all together until tender. Mushrooms are a fine addition.

**SPAGHETTI AND MUSHROOMS**

1 pkg. spaghetti                        1 can tomato soup

1 medium sized onion                1 small can mushrooms

 $\frac{1}{2}$  c. mazola oil

Take the mazola oil and the onion and fry them to a nice brown, pour this over the spaghetti that has been cooked in salt water. Add the tomato soup and mushrooms and mix well. Put in casserole and put grated cheese on top. Bake for 30 minutes.

—Mrs. F. L. Erdman.

**TOMATO GRAVY**

1 can tomatoes	$\frac{1}{2}$ c. water
2 tbsp. flour	3 tsp. sugar
Salt to taste	

Put salt, sugar, and flour together and sift them into the tomatoes, add a teaspoon of butter and put on to cook.

—Mrs. Effie E. Mortensen.

**HUNGARIAN GOULASH**

1 can tomatoes	1 large onion (sliced fine)
1 tsp. paprika	1 tsp. sugar
Salt to taste	Dash cayenne
2 c. or more, cooked meat, chopped in food chopper	
2 c. cooked spaghetti or macaroni	

Cook tomatoes with onions and seasoning. Add chopped meat and allow mixture to simmer slowly until well heated. Heap cooked spaghetti on a platter, place meat mixture in spoonfuls around it and serve.

—Mrs. Margaret Davis.

**SPAGHETTI SAUCE**

3 strips bacon, dice very thin, fry and add 5 medium sized onions sliced fine, 4 toes garlic, 1 green pepper, cut fine. When half done put in 1 or  $1\frac{1}{2}$  lb. steak (ground), stir thoroughly. Add 1 or 2 cans of tomatoes. 2 cans Campbells tomato soup. Add salt, pepper, paprika, cayenne, tobasco sauce and lemon juice, 1 can mushrooms cut fine. Cook for 2 hours very slowly. Use with macaroni or spaghetti.

—E. E. Merrill.

**RICE CROQUETTES**

1 c. rice	3 level tbsp. flour
2 c. milk	$\frac{1}{4}$ tsp. salt
1 $\frac{1}{2}$ tbsp. butter	1 c. grated cheese

Boil rice  $\frac{1}{2}$  hour. Place in strainer and wash with cold water. Steam until rice is dry and flaky. Make white sauce of butter, milk, flour and salt. While hot add the rice and grated cheese. Let it get cold and make into croquettes. Dip in beaten egg and roll in fine cracker crumbs. Let stand 1 hour and fry in deep fat until brown.

—Hazel Flamm.

**CHICKEN TAMALES**

Stew 1 fat hen until tender. Cut in small pieces with scissors. Season with  $\frac{1}{2}$  tsp. Chili peppers. Moisten with catsup. Skim fat from chicken broth and add enough water to make two quarts of liquid. Wet enough yellow corn meal, with cold water, to make a thick mush. Cook slowly  $\frac{1}{2}$  hour. Wet butter papers in cold water and place 4 tbsp. mush on paper and put a little pat of chicken mixture in center. Fold papers to center and tie each end. Steam 1 hr.

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# VEGETABLES

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## SUGGESTED COMBINATIONS FOR VEGETABLES

Creamed carrots and peas.

Carrots and celery with cheese sauce.

Creamed carrots, onions and celery. (Equal parts of vegetables).

Cooked spinach and onion.

Creamed asparagus, carrots and peas. (Equal parts of vegetables)

String beans, lima beans, corn. (Equal parts of vegetables.)

### Raw Vegetable Combinations

Carrots and onions	Cabbage, carrots and onions
Cabbage and peppers	Cabbage, celery and onions
Cabbage, lettuce and onions.	

## CARROT PUFFS

To each cup of cooked mash carrots, add half cup of cream, one well beaten egg, one tsp. butter, melted,  $\frac{1}{2}$  tsp. sugar and  $\frac{1}{4}$  tsp. salt. Mix well, pour into greased custard cups and bake about  $\frac{1}{2}$  hour in a hot oven, or until puffed up and light.

—Mrs. Martin Henderson.

## CARROT LOAF

1 $\frac{1}{2}$ cup ground raw carrots	2 tbsp. chopped green pepper
1 cup boiled rice	3 tbsp. minced bacon
$\frac{3}{4}$ cup ground peanuts	1 tbsp. chopped onion
1 egg	1 tbsp. prepared mustard, or 2 tbsp. catsup.

Mix ingredients in order given, pack into a greased loaf pan and bake in moderate oven one hour. Can be served with tomato sauce or white sauce. It saves time to parboil the carrots.

—Mrs. Margaret Davis.

## CANDIED SWEET POTATOES

6 medium sized sweet potatoes	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup butter	3 tbsp. water
1 tsp. salt	1 tsp. cinnamon

Wash and pare potatoes, cut in halves length-wise and put in cold water for a few minutes. Have sufficient water boiling to cover potatoes, to which 1 tsp. salt has been added. Put potatoes in, cover and boil slowly for 20 minutes. Drain.

In the meantime, make syrup of sugar, butter, water and cinnamon. Dip each potato into this, put into greased baking pan and bake for 10 minutes. Baste several times with remaining syrup.

—Mrs. Earl J. Soelberg.

**SWEET POTATOES AND PINEAPPLE**

Roll a strip of sliced bacon around a medium sized cooked, sweet potato. Place on ring of pineapple and bake until bacon and pineapple are browned.

—Mrs. West Parkinson.

**SWEET POTATOES**

Wash 6 large sweet potatoes, steam until tender. Drain and peel, slice in thick slices and lay slices in a shallow tin which has been well buttered. Pour over the potatoes two cups of syrup which has been prepared by taking 2 cups of sugar and adding enough water to melt the sugar. Bake in hot oven until brown and serve hot.

—Mrs. Geo. S. Romney.

**BAKED CABBAGE AND BACON**

Shred or chop coarse 3 pounds of cabbage. Stir into it a tbsp. of flour, a tsp. of salt, 1 tsp. of sifted dry mustard, a little paprika and  $\frac{1}{2}$  cup of water. Pour into a granite baking dish, lay over the top six thin slices of lean bacon and cover tight. Bake in a hot oven an hour. If it does not brown with cover on, remove for a few minutes. The bacon is nice however if a thin tin is used for cover and not removed.

—Mrs. Alice Drennen.

**SCALLOPED POTATOES AND CARROTS**

3 carrots	1 $\frac{1}{2}$ cup milk
6 potatoes	2 tbsp. flour
1 tsp. salt	2 tbsp butter
$\frac{1}{8}$ tsp. pepper	

Pare carrots and potatoes, cut in thin slices, cook until tender and drain. Arrange potatoes and carrots in alternate layers, sprinkle each layer with salt and pepper, add some of the butter and flour to each layer. Cover all with the hot milk and bake in a covered dish about 20 minutes. Remove the cover and brown.

—Mrs. Mary A. Neiderer.

**PEAS SERVED IN TURNIP CUPS**

Take medium sized white turnips, peel and with an apple corer remove the inside. Put the cup on in boiling water and when tender remove to a platter. Steam the flakes which have been removed from the inside in a double boiler and season with butter, cream, pepper and salt. Fill the turnip cups with peas and garnish with flaked turnip. Serve hot—Mrs. M. C. Madison.

**HIDDEN ONIONS**

8 small onions	$\frac{1}{2}$ lb. green beans
2 tbsp. butter	2 tbsp. flour
1 c. sifted canned tomatoes	1 c. chopped, left-over meat

Cook onions and beans separately until tender using as little water as possible to prevent burning. Place onions in a well buttered shallow baking dish, spreading them out so they don't touch each other. Fill spaces between with beans. Melt butter, stir in flour and slowly add tomato puree. Bringing to boiling point, stirring constantly and add meat. Season sauce with salt, pepper and 1 tsp. sugar and pour over onions and beans. Dot with tiny bits of butter and bake twenty minutes in a hot oven. Serve from baking dish.

—Alice Drennen.

**CABBAGE ROLLS**

For about a dozen rolls get a good sized head of cabbage and one pound of hamburger and sausage mixed. Boil the cabbage for just a few minutes after cutting out the hard center. Then remove from water and cool enough to handle. Mix the hamburger and sausage, add a half cup of tomato juice, one half cup of rice (uncooked), a medium sized onion chopped fine, and seasoning to suit taste. Separate the cabbage leaves. On each leaf place a spoonful of the meat mixture, and roll the leaf, folding it in at the sides so the meat won't cook out, and securing the roll with a tooth pick. After all the rolls are made place them in a large kettle, or in the waterless cooker, and cover with water in the kettle, but add only a little water if in the waterless cooker. Cook well for an hour or longer. Drain off water, and strain into the kettle one full can of tomatoes and the remainder of the can opened to season the meat. Season well and cook a few minutes longer. When serving pour the tomato sauce over the cabbage rolls. String beans served with this dish are delicious.

—Mrs. Bessy Beal.

**CORN AND SALMON PUDDING**

Mix in the following order—

Contents of 1 can of corn, 1 tbsp. melted butter,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{2}$  tsp. pepper, one small can salmon and 1 tbsp. heavy cream or evaporated milk. Bake in buttered baking dish in a moderate oven 350 degrees, for 30 minutes. Will serve from six to eight.

—Alice Drennen.

**VEGETABLE CHOWDER**

1 qt. milk	$\frac{1}{2}$ lb. salt pork
1 onion	1 can corn
1 small stick of celery	1 potato
1 can mixed vegetables or left-over cooked vegetables	

Scald milk, dice pork and fry until golden brown, remove pork and fry diced onion. Add corn, celery, cut fine, diced potato and vegetables to milk. Then pork fat and onion. A little salt if necessary and a dash of pepper before serving.

—Mrs. John R. Peterson.

**SPANISH RICE**

4 slices bacon, cut in one inch pieces	
3 tbsp. chopped onions	2 c. cooked rice
$\frac{1}{4}$ tsp. celery salt	$\frac{1}{4}$ tsp. pepper
2 c. tomatoes	$\frac{1}{4}$ tsp. salt

Heat the bacon in a frying pan. When hot, add and brown the onions and rice. Add the rest of the ingredients and cook slowly for 20 minutes. Stir frequently.

—Mrs. Nora Clark

**ONION SOUFFLE**

2 tbsp. butter	1 c. soft bread crumbs
2 tbsp. flour	2 eggs
2 c. milk	Salt and pepper
2 c. chopped cooked onion	Buttered crumbs

Melt butter and add flour. Add milk gradually and cook until thickened, stirring constantly. Add onions, bread crumbs, beaten egg yolks, season to taste. Fold in stiffly beaten egg whites. Cover with buttered crumbs. Bake about 30 minutes. Makes 6 or 8 servings.

—Mrs. Z. E. Squires.

**ONION SHORTCAKE**

2 c. finely cut onions	2 Tbsp. water
2 Tbsp. butter	

Stir and cook until clear in frying pan.

**Dough**

2 c. flour (measure after it has been sifted.)	
4 tsp. B. P.	$\frac{3}{4}$ c. milk
3 Tbsp. fat	1 tsp. salt

Mix and put in one sheet in baking dish. Pour hot onions on dough and on this pour  $\frac{1}{2}$  c. sour cream in which 2 eggs have been beaten. Bake 20 minutes.

—Tressie Y. Heileson.

**STUFFED POTATOES**

Peel six good sized potatoes or as many as desired, cut out a round space and fill with hamburger or other chopped meat, moisten with milk, and seasoned with salt, pepper a little diced celery and onion and a piece of butter. Place in baking pan with c. or so of boiling water and bake in hot oven. Baste occasionally. Remove from the pan when done and make a gravy of liquid and pour over potatoes. Be sure and use good baking potatoes so they will hold their shape.

—Mrs. Glen Herdti.

**POTATO PUFFS**

Steam potatoes with skins on. Peel and mash, for every 6 persons, allow one Tbsp. butter, one half pint cream, one tsp. salt and a dash of cayenne added while hot. Beat until smooth and light and carefully fold in 4 egg whites well beaten. Place in baking dish, sprinkle with grated cheese, brown in oven and serve piping hot.

—Mrs. Glen Herdti.

**VEGETABLE PUDDING**

1 c. grated carrots	1½ tsp. salt
1 c. grated potatoes	1 tsp. soda
1 c. grated apples	1 c. sugar
1 c. chopped suet	2 c. flour
½ each of ground nutmeg, cinnamon, cloves.	

Mix all ingredients well and put in greased molds. If desired one may use B. P. tins in place of a mold. When done slice and serve with your favorite sauce. Steam 4 hours.—Mrs. F. L. Erdman

**CORN FRITTERS**

1 c. corn	1 Tbsp. melted fat
½ c. milk	1 tsp. B. P.
1 egg	½ tsp. salt

Mix all together and add enough flour to make rather stiff batter. Drop by tsp. in deep fat and fry until brown. Serve hot.

**STUFFED GREEN PEPPERS**

6 green peppers. Remove seeds and cook in boiling water for 15 minutes. Cut 6 slices of bacon into bits and fry slowly with two medium sized onions (finely chopped). When brown add two c. canned tomatoes, ½ c. bread crumbs, 1 tsp. salt ¼ tsp. celery salt. Cook until thickened. If not quite thick enough add more crumbs. Fill peppers with mixture and place in buttered baking dish, standing upright. Sprinkle tops with more crumbs and a small piece of butter on each. Bake 25 minutes or until brown. (in medium oven). Serve with plain boiled rice.

**STUFFED CABBAGE LEAVES**

Wilt leaves by pouring boiling water over them. Prepare stuffing by using 1 c. bread crumbs, 1 cup ground steak, 1 Tbsp. onion (fine), salt, pepper, 1 Tbsp. butter,  $\frac{1}{2}$  c. milk.

Method: Fry onion in butter until golden brown, then mix all the ingredients together. Use 2 Tbsp of mixture for each leaf, fold in the cabbage, tie with a cord and boil in salt water  $\frac{1}{2}$  hour or until tender.

—Mrs. Effie Merrill.

**HEAVENLY CABBAGE**

Put cabbage, which has been gently boiled in salted water and drained, into buttered baking dish. Pour over it 1 cup thin cream into which has been beaten 1 egg. Sprinkle with buttered cracker crumbs and dash of nutmeg. Bake until egg and cream make custard.

—Mrs. Annie Kerr.

**VERMONT BAKED BEANS**

Put one qt. of navy beans to boil in plenty of water with one level tsp. of soda. Boil until skin will crack open when blown upon. Drain and cover again with boiling water. Boil 5 or 10 minutes, not long enough for beans to fall apart. Put 1 lb. salt port (or fresh pork and 1 tsp. of salt), in baking dish, (bean pot is best). Add beans, tbsp. molasses, (thick syrup may be preferred), and 1 tbsp. of mustard. Cover well with water and cover with tight lid. Add boiling water as needed during the baking of 8 hrs. or more.

—Mrs. Annie Kerr.

**LEFT OVERS**

Make cold mashed potatoes cup shapes. Mince enough ham or other meat to fill a cup. Boil one egg hard and chop fine. Make a cream sauce of  $\frac{1}{2}$  c. milk and 1 Tbsp. flour. Add meat and egg, when thick pour into potato cups and set in oven until brown.

**ONION SOUFFLE**

2 tbsp. butter	1 c. soft bread crumbs ,
2 tbsp. flour	2 eggs
2 c. milk	Salt, pepper
2 c. chopped cooked onion.	

Melt butter and add flour, add milk gradually and cook until thickened, stirring constantly. Add onions, bread crumbs, well beaten egg yolks. Season to taste. Fold in stiffly beaten egg whites. Cover with buttered crumbs. Bake about 30 minutes. Makes 6 or 8 servings.

—Mrs. J. A. Watts.

**RINCTUM DITTY**

3 c. tomatoes	1 tsp. salt
1 c. grated cheese	1-16 tsp. mustard
2 Tbsp. butter	1 tsp. grated onion
1 Tbsp. minced parsley	½ tsp. celery salt
1 c. mushrooms	

Melt butter, add tomatoes, cheese pepper and mushrooms, diced, stirring constantly. Season with remaining ingredients. Cook until of a smooth creamy consistency and serve very hot on dainty squares of toast or toasted crackers.

—Mrs. Kenneth Webster.

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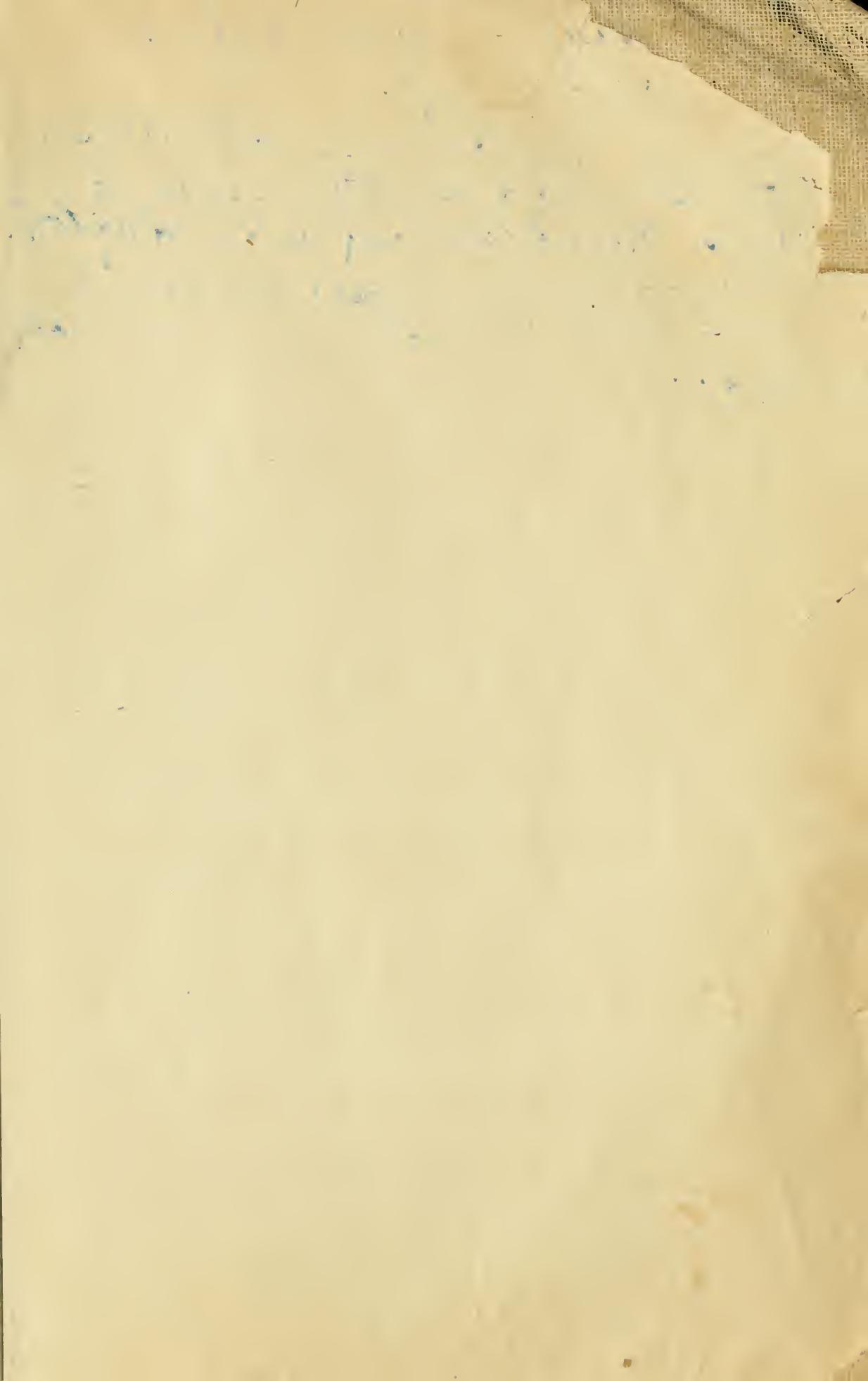
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